

BRITISH PSYCHOTHERAPY FOUNDATION

England & Wales · Charity number 1150806

Details

Other names	BPF
Status	Registered
Legal form	Charitable company
Company number	08238969
Registered	2013-02-13
Register	View on the Charity Commission register

Contact

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Website	www.britishpsychotherapyfoundation.org.uk

Activities

Objects: 1.1 THE OBJECTS OF THE CHARITY (THE ?OBJECTS?) ARE FOR THE PUBLIC BENEFIT TO PRESERVE THE MENTAL HEALTH AND RELIEVE MENTAL DISTRESS PARTICULARLY THROUGH PSYCHOTHERAPY IN ALL OR ANY OF ITS ASPECTS BY:-1.1.1 ADVANCING THE EDUCATION, TRAINING, STUDY AND PRACTICE OF ANALYTIC THERAPIES AND PSYCHOANALYSIS (THE ?THERAPY?);1.1.2 INCREASING THE PUBLIC KNOWLEDGE OF THERAPIES;1.1.3 ADVANCING THE THERAPIES AS A METHOD OF TREATMENT;1.1.4 ADVANCING THE PRACTICE OF THE THERAPIES AS A PROFESSION; 1.1.5 PROVIDING EASIER AND AFFORDABLE ACCESS TO PSYCHOTHERAPY TREATMENT; AND 1.1.6 UNDERTAKING ANY OTHER CHARITABLE PURPOSE FOR THE PUBLIC BENEFIT APPROVED BY THE TRUSTEES.

Activities: PROFESSIONAL TRAINING IN PSYCHOANALYTIC PSYCHOTHERAPY, JUNGIAN ANALYSIS AND CHILD AND ADOLESCENT PSYCHOANALYTIC PSYCHOTHERAPY.POST QUALIFYING COURSES AND ACADEMIC COURSES, PUBLIC EDUCATION AND CROSS-DISCIPLINARY LINKS.CLINICAL SERVICES.SCIENTIFIC LIFE, PUBLICATIONS AND RESEARCH.MEMBERSHIP SERVICES.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£3,055,081	£3,788,047	£3,074,586	33
2023-03-31	£1,373,917	£1,737,099	£3,669,901	24
2022-03-31	£1,240,590	£1,247,385	£4,165,933	10
2021-03-31	£1,193,017	£1,116,773	£4,131,571	9
2020-03-31	£1,018,744	£1,070,617	£3,810,730	9

Trustees

Name	Role	Appointed
Dr Jean Knox	Chair	2020-11-21
Daniel Thornloe		2024-07-31
Dr Gilles Allen		2024-10-26
Janet McGregor Hepburn		2025-05-31
Jemma Sofia Corenbloom		2023-03-21
Joao Botas		2023-11-28
Katherine Moss		2026-02-17
Kelly Jennings-Robinson		2026-02-17
Melanie Catling		2025-07-29
Poul Rohleder		2025-03-25
Sally Warren		2025-05-31
Saranja Sivachelvam		2023-09-26

Accounts

bpf **BRITISH
PSYCHOTHERAPY
FOUNDATION**

BRITISH PSYCHOTHERAPY FOUNDATION

Annual Report & Financial Statements

For the eighteen-month period ended 30 September 2024

Company number: 08238969

Charity Registration Number: 1150806

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ADMINISTRATIVE DETAILS

Charity Trustees

Professor Jean Knox (Chair)	Appointed 21 November 2020
Steven Flower (Vice Chair)	Appointed 21 June 2022
Liza Catan	Appointed 21 November 2020
Jemma Corenbloom	Appointed 21 March 2023
Dawn Jackson	Appointed 21 November 2023 (Deceased 11 May 2024)
Joao Botas	Appointed 28 November 2023
Saranja Sivachelvam	Appointed 26 September 2023
Daniel Thorneloe	Appointed 31 July 2024
Sonialin Appleby	Resigned 27 October 2023
Yemsrach Hailemariam	Appointed 26 September 2023 and Resigned 11 December 2023
Eleanor Mongey	Resigned 10 November 2023
Ferelyth Morris	Resigned 10 November 2023

Audit and Risk Committee

Steven Flower (Chair)	
Melanie Catling	
Helen Hardware	
Adesola Osuji	
Ravi Popat	Resigned July 2024
Jeremy Stockwell	

Senior Management Team

Chief Executive:	Dr Frances Gillies
Director of Corporate Services:	David Ryan
Director of Clinical Services:	Angela Marsh
Director of Membership & Communications:	Matthew Aldridge
Director of Strategic Initiatives:	Dr Wayne Full

Principal & Registered Office:

37 Mapesbury Road
London
NW2 4HJ

Principal Advisers**Auditors:**

Knox Cropper LLP
Chartered Accountants
65 Leadenhall Street
London
EC3A 2AD

Bankers:

National Westminster Bank Plc
Chatham Rcsc, Western Avenue
Waterside Court, Chatham Maritime
Chatham,
Kent
ME4, 4RT

Investment Managers:

Sarasin & Partners LLP
Juxon House
100 St. Paul's Churchyard
London
EC4M 8BU

CCLA
Senator House
85 Queen Victoria
London
EC4V 4ET

Triodos Bank
Deanery Road
Bristol BS1 5AS

Legal Advisers:

Russell-Cooke
2 Putney Hill
Putney
London
SW15 6AB

Bates Wells
10 Queen Street Place
London
EC4R 1BE

OPERATING AND FINANCIAL REVIEW

1. ABOUT THE BRITISH PSYCHOTHERAPY FOUNDATION

The British Psychotherapy Foundation (bpf) is a psychoanalytic and Jungian psychotherapy membership and training organisation that also provides a clinical service to the public. It was formed in 2013 when three psychotherapy training organisations decided to amalgamate and streamline their training offerings. The bpf portfolio of trainings covers career progression from foundation level through qualifying and onwards to post qualification trainings and CPD. We provide trainings for therapists working with the parent-infant dyad, children and adolescents, adults and couples. Some of our trainings are based in the “intensive” psychoanalytic tradition of seeing patients up to three times a week for long periods of time, whereas other trainings focus on working once weekly. Our trainees become our members, and we encourage a culture of life-long learning and academic rigour throughout our membership.

We acknowledge that intensive psychotherapy is becoming increasingly difficult to access for most people, and we are committed to provide as much low-fee, intensive and long-term therapy to as many people as possible. We are open to self-referral from the public and all enquiries are triaged by our clinical services team. During a further assessment process, a shared decision will be reached about the most suitable pathway for that person or couple. If appropriate, they will be matched with one of our trainees according to their need or requirement and they will enter a low-fee therapy arrangement. Some people will be matched with a qualified member psychotherapist, and we fundraise to provide as many low-fee spaces as possible. There are people who contact our service and at triage it is decided that a different model of therapy might be more suitable, and we make every effort to signpost appropriately.

Some of our members are grouped into associations. The Independent Psychoanalytic Child and Adolescent Psychotherapy (IPCAPA) association focuses on the field of psychotherapy with children and their families. It emphasises the independent tradition of psychoanalysis. The Psychoanalytic Psychotherapy Association (PPA) hosts our psychoanalytic psychotherapists who have done an intensive training in adult psychotherapy. The British Jungian Analytic Association (BJAA) comprises Jungian analysts and Jungian psychodynamic psychotherapists. Each association runs their own training (two in the case of the BJAA) and graduates of the trainings are invited to become association members. We also have bpf members who are graduates from our other trainings such as our psychodynamic psychotherapy training, our parent infant psychotherapy training and our couples therapy training.

bpf's mission

The bpf is a charity and its mission is to provide the public with access to psychotherapists who have undertaken rigorous, intensive, and academically excellent trainings and who are supported by a membership body that provides career-long, continuing professional development. The charity aims to educate the public about psychoanalytic theory and practice and have influence over social policy to increase access to intensive, psychoanalytically informed psychotherapy. We are working to increase accessibility to our trainings through fundraising for training bursaries. We are also committed to increasing the diversity in our membership, so that all of society is represented. We are also striving to make its clinical services more widely available to the public, geographically and economically.

bpf's public benefit

The objects of the **bpf** are for the public benefit; they aim to preserve mental health and relieve mental distress, particularly through psychotherapy, in all or any of its aspects, by:

- Advancing the education, training, study and practice of analytic therapies and psychoanalysis.
- Increasing the public knowledge of psychoanalytically informed therapies.
- Advancing psychoanalytically informed therapies as a method of treatment.
- Advancing the practice of psychoanalytically informed therapies as a profession.
- Providing easier and affordable access to psychotherapy treatment.

The Trustees take account of the Charity Commission guidance on public benefit when planning its' activities.

2. REPORT FROM CHAIR OF THE BOARD OF TRUSTEES AND THE CEO

As we look back over the last eighteen months, the British Psychotherapy Foundation (bpf) has experienced a period of significant growth and development. This report aims to provide an overview of our activities, achievements, and the strategic direction we are heading towards.

The past eighteen months have been marked by a series of initiatives and improvements across various facets of our organization. Our training programs have expanded significantly, offering a comprehensive range of courses from pre-training to post-qualification. Notably, we have introduced new courses such as the Parent-Infant Psychotherapy Training and the Couples Psychodynamic Psychotherapy Training and we now have a start to finish training journey for our trainee and qualified members. Trainees can start with our innovative and highly regarded Foundation Course and then choose to qualify on a psychodynamic, psychoanalytic or Jungian pathway. After qualification we have routes into intensive trainings for those that have started on a psychodynamic training, and we have couples and parent-infant trainings for qualified members who wish to specialize. Non-member applicants can begin their training journey with us at any point according to their qualification needs.

Our commitment to providing accessible and affordable psychotherapy services has remained steadfast. We have continued to offer low-fee therapy options through our clinical services, ensuring that intensive psychotherapy is available to those who need it most. During this period, we received 1,278 enquiries, leading to 255 assessments and the placement of 118 patients with trainees and 75 with qualified members.

The bpf has also made strides in enhancing our membership experience. We conducted a comprehensive membership survey, which provided valuable insights into the needs and expectations of our members. This feedback has been instrumental in shaping our new CPD strategy which can be read [here](#) and improving our member communications and engagement. We would like to thank all those members who take part in organisational life including our training committees, ethics committee, board of trustees, our audit and risk committee and the sub committees that work tirelessly on curriculum development, selection of trainees and post qualification member development. We would like to encourage all members to come forward and take part in organisational life. The bpf wishes to continue to become a vibrant community and professional home for our growing membership.

Financially, the bpf has become more secure, allowing us to be more innovative in our professional endeavours. We have taken care to diversify our income and will continue to do so. Our income is spread across public funding, private funding through self-paying trainees and membership fees. We will be focusing on our fundraising efforts in the next years to provide training bursaries and to expand our clinical services. We are committed to increasing the diversity of our membership through becoming a more attractive organisation to a wider range of people, and to making our services more widely available, both geographically and economically.

After a significant consultation period over the last year, we can look forward to our new strategic plan for 2023-2026 which outlines our vision and mission for the future. We aim to continue increase our membership offering, make training more widely accessible, and develop our clinical services further. Our strategic priorities include becoming a nationwide centre of excellence for psychoanalytic academia, research and clinical services; increasing our fundraising activities; and continue to run a highly effective, efficient and inclusive organisation.

We are excited about the opportunities that lie ahead and are confident that our strategic plan will set the foundations for a period of exciting new developments and consolidation for the bpf. Our vision is a society where the public has knowledge of and access to psychoanalytically informed psychotherapists whose trainings have been rigorous and excellent. We will continue to support our members throughout their careers, ensuring they have access to ongoing professional development and are well-equipped to meet the needs of their clients.

In conclusion, the past eighteen months have been a period of significant progress for the bpf. We have laid a strong foundation for future growth and are committed to continuing our work to provide high-quality psychotherapy services and training. We look forward to the next phase of our journey and the positive impact we will continue to make in the field of psychotherapy.

3. REVIEW OF OPERATIONS

a. TRAINING

During the last eighteen months the bpf has significantly increased its training offering from pre-training to post qualification trainings.

The qualifying training offered by the bpf in 2023-24 included:

b. PRE-TRAINING

o MSc Psychodynamic of Human Development

The MSc provides an understanding of human development through a set of theoretical and experiential modules. This pre-clinical course is designed to prepare students for a career in psychotherapy although students from different professional disciplines such as teaching, nursing and social work also complete the course. It is a foundation course that offers an accredited infant observation, and it fulfils the entry requirements for a Child and Adolescent Psychotherapy Doctorate. This accredited degree is offered in partnership with Birkbeck University.

- **Foundation Course in Psychotherapy and Counselling**

The Foundation Course was designed for those at the very beginning of their journey to become a qualified psychotherapist or counsellor. Built with flexibility in mind, this training is delivered through a combination of in-person and online teaching that is perfectly suited to those looking to change careers. The Foundation Course is now the first year of our 4-year [bpf Psychodynamic Psychotherapy Training](#). After completing the Foundation Course, you can apply to join year 2 of the bpf Psychodynamic Psychotherapy Training, which takes a further 3 years to complete and leads to qualification as a psychodynamic psychotherapist. The course has a theoretical module, and a clinical module. The theory module spans the psychoanalytic and Jungian schools and takes a comparative, modern approach. Students are supported to find a first placement, usually in a charity-type setting, so that they can begin to get clinical experience and bring that experience to their clinical seminars.

- **Infant observation**

This course is a prerequisite for application for all our qualifying trainings except for the psychodynamic training. The students observe a baby from birth until its second birthday. Observations last for one hour per week, and students attend a weekly seminar to discuss their observations and reflections. Some students from other professions attend this course, such as early years teaching or care, nursing or social work. At the end of the course, students are encouraged to write up their experiences in a paper. The seminar groups hold no more than five participants and are run by qualified practitioners. They run in person and various locations around the country and online.

c. QUALIFYING TRAINING

- **Jungian analytic training (BJAA)**

The BJAA (British Jungian Analytic Association) offers a long established and highly respected Jungian analytic professional training, which leads to a qualification for in-depth, intensive work with adults. The Jungian Analytic training is accredited by the British Psychoanalytic Council. Qualification leads to membership of the British Psychotherapy Foundation/BJAA, and of [the International Association for Analytical Psychology](#) (IAAP), and to registration with the ([British Psychoanalytic Council](#), BPC) as a Jungian Analyst. Trainees are in their own three-times a week training analysis. There is a modified entry scheme for suitably qualified practitioners who want to develop their practice to work more intensively.

- **Jungian psychodynamic psychotherapy training (BJAA)**

This training is taught alongside the BJAA analytic training but trainees take on once-weekly patients. Trainees are in their own once weekly (or more) training analysis.

- **Psychoanalytic psychotherapy training (PPA)**

Training in the PPA incorporates best clinical practice and high standards. It is accredited by the [British Psychoanalytic Council](#). Once qualified, members are eligible for registration with the British Psychoanalytic Council which is regulated by the Professional Standards Authority. You will be equipped to work intensively and in depth with adult patients. With this foundation, therapists

are well equipped to develop a private practice or to apply the model to work in the NHS, higher education and the third sector. Trainees are in their own three-times a week training analysis. There is a modified entry scheme for suitably qualified practitioners who want to develop their practice to work more intensively.

- **Psychodynamic psychotherapy training**

The psychodynamic training qualifies practitioner to work once weekly with patient and is accredited by the [British Psychoanalytic Council](#). This course offers a comprehensive exploration of psychotherapeutic concepts from multiple theoretical perspectives, including psychoanalytic, Kleinian, Jungian, and Independent schools of thought. There are 2 clinical phases in this course; the first is a year-long psychotherapy placement in the NHS or other similar setting; the second is taking on two private training patients through the bpf clinical services. Trainees are in their own once weekly (at least) training analysis. There is a modified entry scheme for people who have completed the first part of the clinical training elsewhere.

- **Independent Psychoanalytic Child and Adolescent Psychotherapy Doctoral Training (IPCAPA)**

This four-year full-time programme leads to the award of DPsych and professional membership of the Association of Child Psychotherapists (ACP) as well as membership of the bpf. This training is commissioned by NHS England and trainees are placed in CAMHS teams within NHS trusts for the duration of their training. The training is provided in collaboration with the Anna Freud Centre and is validated by UCL. The theoretical underpinning is from the Independent psychoanalytic school.

- **Parent-infant psychotherapy training**

This is a new specialist training that prepares students to work as a psychodynamic or psychoanalytic parent-infant psychotherapist (PIIP). The teaching draws upon psychoanalytic theory, developmental psychology, and other contemporary ideas about infant mental health and parent-infant relationships and students offer PIIP to parents and infants under supervision. This work can take place from pregnancy through to the child's second year. This course is delivered in a hybrid format with a mix of online and in-person study.

- **Exeter University Doctorate in Psychoanalytic and Psychodynamic Psychotherapy Clinical Practice**

The bpf awards the clinical qualification to graduates of this doctorate run by Exeter University. Students become bpf trainee members and the full qualified members at graduation.

d. POST QUALIFICATION TRAINING

During this reporting period the bpf launched a new post qualification course.

- **Couples Psychodynamic Psychotherapy Training**

This course is a contemporary psychoanalytic approach to couples, including an emphasis on diversity, exploring the conscious and unconscious impact of discrimination on the couple relationship and between partners, such as homophobia, heteronormativity, racism, ageism,

class etc. This course has been designed to provide trainees with excellent clinical training, fully integrated with a knowledge and experience of the practice of couple psychodynamic psychotherapy that will be necessary for those working in depth with the emotional problems of the couple's relationship.

- **Short courses and continuing professional development**

We offer various reading groups, supervision courses and a comprehensive CPD strategy for our members and for external attendees.

e. STUDENT AND TRAINEE INFORMATION

There were approximately 400 trainees and students studying across the reported 18-month period. Our retention rate is 99.5%, with some courses at 100% retention rate. Trainees that do need to leave or defer usually do so because of life events such as maternity leave or relocation. Trainees that undergo financial hardship are offered support and flexible payment options if possible. Due to personal therapy being mandatory for our qualifying trainings, cost of training is a barrier to training for many and we are working hard to build bursaries so that people who currently cannot access our trainings can be offered financial assistance. At present, most of our trainings are self-funded. Our child and adolescent doctorate trainees are funded by NHSE, and our MSc students are eligible to apply for student loan funding. Some of our trainees on our parent-infant psychotherapy training have been funded by their NHS employer.

4. MEMBERSHIP

The bpf is a member institution of the British Psychoanalytic Council (BPC) which is our regulatory body. Membership of the bpf is a necessary pre-requisite to access the BPC register. Graduates of those trainings that are run by the associations become association members (IPCAPA, PPA and BJAA) and graduates of our other trainings become full members of the bpf. There are other categories of membership such as retirement, trainee and maternity. We are developing equivalency processes with the BPC for qualified practitioners who wish to become bpf members. At the end of this reporting period, there were 740 members, half of whom are trainee members. This is a positive step for the organisation because the average member age is reducing whilst membership numbers have increased. The type of qualification held by our members is diversifying due to the addition of our new trainings. During this reporting period, 68% of our members live and work in London but we are working to provide trainings and opportunities nationally

Survey

In July 2023, we undertook the first bpf membership survey since 2017. The survey received 188 responses, a 35% response rate. The survey asked members' opinions on all aspects of bpf organisational life including membership fees and benefits, member communications and engagement, governance and transparency, leadership and strategic vision, trainings and trainee experience, clinical services, CPD and events, equality and diversity, and bpf's building, facilities and digital resources. SMT produced a response paper, outlining to members how we would use the survey feedback to action change, improve member experience, and create an inclusive, welcoming, and responsive training and organisational culture for all.

Continuous Professional Development (CPD)

Over the last 18 months, we have delivered over 50 CPD events with clinical, theoretical, conceptual, applied, philosophical and research-related content. We have also delivered ***‘professional issues’ workshops for practitioners (e.g. teaching skills, digital skills, research skills)***. CPD events were delivered in several formats, including lectures, masterclasses, webinars, ‘audiences with authors’, theoretical discussions, clinical case-studies, supervision groups, peer-support groups, reflective groups, workshops, research talks, open days, forums and conferences. Our CPD programme was designed with strategic input from the member-led Professional Events and CPD Committee.

We launched our new website this year which has included a members’ online forum that enables members to communicate directly with each other. We conducted an in-depth membership survey and appointed a new membership officer who is working hard with the feedback we received from the survey. We hold termly membership network meetings which are attended by the chair of trustees and the chief executive. We have launched a new CPD strategy developed both through the membership survey results, and individual consultations with members, committee meetings and a trustee who dedicated her time to developing the CPD programme.

5. CLINICAL SERVICES

Our clinical service is a single point of entry, self-referral system for people looking to access psychoanalytic or Jungian psychotherapy. All enquiries to the service are dealt with by our Director of Clinical Services and other qualified practitioners. The treatment pathways include three times a week intensive therapy with a trainee (low cost), intensive therapy with a qualified practitioner (low cost where possible or for a fee) and once weekly low fee therapy with a trainee. All referrals that seem appropriate for psychoanalytic work are assessed by a qualified member and a treatment pathway is recommended, in consultation with the patient.

In this reporting period, we received 1,278 enquires which led to 255 assessments. 118 patients were placed with trainees and 75 were placed with qualified members.

We have a pool of referrals who we assess and who need to be seen by qualified practitioners but who would not be able to afford the fees. At present, they are an un-met need, and it is very unlikely that they will find therapy elsewhere. We are pooling resources into fundraising so that we can provide low-fee therapy by experienced, qualified practitioners who have expertise in working with people who need, and will benefit from, long-term therapy.

6. CORPORATE SERVICES

a. GOVERNANCE

Effective governance is fundamental to the bpf’s success. It enables and supports its compliance with the law and relevant regulations, and it also promotes a culture in which all the organisation’s activity and people are working towards fulfilling the bpf’s vision. During 2023 - 2024 the governance arrangements of the bpf have been strengthened to bring the Charity into line with the [governance code](#) for small charities.

The bpf is governed by a board of trustees that is made up of member trustees and three lay trustees. The board is supported by an audit and risk advisory committee comprising of non-member attendees who have specialist knowledge of financial management, risk management, fundraising and marketing.

Ongoing implementation and review of the governance arrangements has continued throughout 2023-24. Key policy gaps have been addressed and existing policies reviewed and updated.

Trustees are appointed in line with bpf's Articles of Association. The Trustees are also Directors of the organisation in line with the Companies Act 2006 and are registered at Companies House as Directors. They are jointly and severally responsible for the overall control and strategic direction of the bpf. Work has taken place throughout 2023-24 to strengthen the effectiveness of bpf's Board of Trustees. This has included:

- Reviewing and updating the Board of Trustees' Terms of Reference
- Provision of training to trustees about their trustee duties and responsibilities, and the governance code for small charities
- Facilitating confidential access to Board papers via bpf's SharePoint site
- Implementation of an annual programme for the Board
- Desing of new induction pack to Board members to support them to discharge their duties fully.

b. AUDIT & RISK COMMITTEE

The Audit & Risk Committee (ARC) is an advisory body, principally advising the Board of Trustees to help it discharge its responsibilities, and (where possible and appropriate) to the CEO and their leadership team. It provides independent assurance via a review of the BPF's financial systems, financial information, information data security, risk management systems, governance arrangements and internal control mechanisms.

At least one ARC member is a practitioner, to ensure that the committee's discussions are informed by BPF member experience. Other ARC members bring different skills from their professional backgrounds – including: accountancy, marketing, risk management and audit.

The ARC meets at least four times a year, in advance of the Board of Trustees, so that the Board can be provided by with the ARC's assessment when it formally considers e.g. the BPF's draft report and accounts, budget, and risk management report. The Chair of the ARC attends the Board of Trustees.

ARC members during the year 2023/4 were:

- Steven Flower (Chair)
- Melanie Catling
- Helen Hardware
- Adesola Osuji
- Ravi Popat (resigned July 2024)
- Jeremy Stockwell

c. MAINTENANCE OF PREMISES, HEALTH & SAFETY AND CAPACITY

Maintenance

During 2023-24 a risk-based maintenance plan was undertaken to address essential works and to building. This has been successfully completed over the reporting period. Architects were commissioned to develop a strategy for redevelopment of the existing site to modernise the building and maximise the space available to improve the trainee experience. The costs estimated to carry out the architects' plans will be funded through a series of fundraising initiatives.

Health and Safety

The safety of all those who work and train at Mapesbury Road is of paramount importance. The Board of Trustees approved the procurement of Worknest in July 2002 to act as the organisation prescribed person in relation to Health and Safety in the workplace.

Worknest undertook a workplace assessment of the 37 Mapesbury Road on the 28th of October 2024. There was no priority one recommendations identified requiring immediate attention. There was two, priority two recommendations and five priority five recommendations identified during the inspection. The Premises Manager has an ongoing plan that has addressed these recommendations.

Capacity of premises and fitness for purpose

The current building use is now at maximum capacity with over six hundred students undertaking, pre-training, qualifying training and post qualifying training. The CEO, commissioned architects in 2024 to develop plans to redevelop the existing site to maximise its potential and optimise the space available that could see the existing attic space converted into teaching space and making effective use of the existing space.

d. IT AND DATA HANDLING

During the reporting period there has been significant increase investment in IT. This has included state of the art AV Equipment, digital screen and laptop. The previous Wi-Fi that was unstable was replaced with an effective telecom line into the building.

The IT provision is managed by an outsourced IT provision, Qlic-It Limited. The organisation uses two factor authentication for staff and Board members to access our IT. Qlic-It Limited carried out several initiatives to strengthen the security of the bpf' systems.

Hope & May were appointed in September as the bpf Data Protection Officer. The Governance Officer has carried out program of works across the bpf to record the information assets held, establish and embed a robust culture to protecting information.

It is a mandatory requirement for all staff to complete all training prescribed in relation to protecting information on an annual basis.

7. STAFFING AND HR DEVELOPMENTS

a. STAFFING

The Board of Trustees approved the CEO's strategy for growth plans. This resulted in the creation of four new courses from pre-training through to post qualification training. To resource the strategy for growth an extensive recruitment drive was undertaken to hire nineteen posts, ranging from strategic, academic and operations posts.

The bpf was awarded silver status by the National Centre for Diversity in July 2024. This award is a national diversity accreditation that recognizes excellence in this area. Specifically, it acknowledges the work the bpf has done to embed the FREDIE principles (Fairness, Respect, Equality, Diversity, Inclusion and Engagement) into all areas of the charity.

b. HR DEVELOPMENTS

As part of an ongoing strategy introduce digital across the bpf's HR records previously held electronically were migrated to our new HR platform, Youmanage.

The HR Business Partner implemented Employee Assistance Program (EAP) with Vita Health Group to provide a strategic workforce tool that enhances employee wellbeing and resilience, thus impacting positively on productivity, absence, engagement, performance, talent retention, risk management and business continuity.

Their specially trained, legal and information team can help to resolve issues around: debt, legal concerns, consumer and care, whilst their counsellors are on hand to manage any emotional concerns. Their manager support team can provide invaluable support to managers to maximize their team's performance and personal impact and effectiveness.

A newly drafted Employee Handbook detailing the *bpf's* policies and procedures was introduced in September 2023. The policies and procedures contained within the new Employee Handbook incorporated the FREDIE (Fairness, Respect, Equality, Diversity, Inclusion and Engagement) principles.

As part of its efforts to improve and promote mental health and well-being in the workplace, the bpf arranged training for three staff members to become qualified Mental Health First Aiders (MHFA). They will provide support and signpost anyone at bpf who is experiencing poor mental health to the support available to them. All staff were encouraged to reach out to the MHFAs confidentially to discuss any mental health issues.

8. EQUITY, INCLUSION AND DIVERSITY

Diversity Accreditations

In July 2024, we were awarded 'Investors in Diversity - silver mark' from the National Centre for Diversity (NCD). This award is a national diversity accreditation that recognizes excellence in this area. Specifically, it acknowledges the work the bpf has done to embed the FREDIE principles (Fairness, Respect, Equality, Diversity, Inclusion and Engagement) into all areas of the charity including our strategy and business plan, operational and line management systems, selection and recruitment practices, retention, reward and progression processes, performance management systems, procurement procedures and communications. We have also been awarded 'Disability Confident Committed' employer status.

9. REVIEW OF FINANCIAL PERFORMANCE

Bpf wanted to bring in their financial year closer in line with the academic year and therefore the Board of Trustees agreed to move the year end from March to September and by doing so agreed to extend the current financial year to September 24 to create an eighteen-month reporting period.

During the eighteen-month reporting period the bpf has introduced four new courses, pre-training, the Foundation year a pathway to acquiring the requisite skills and knowledge to apply to the qualifying training, qualifying training, the PD Psychodynamic training, a once weekly training, and post qualifying trainings, Couples and Parent Infant Courses for those post qualification who seek to broaden their skills sets in perinatal care and couples therapy . The introduction of the four new courses contributed to total

incoming resources for eighteen-month reporting period at £3,055,081 (2022/23 12 Month period: £1,373,917).

Elsewhere, the Child and Adolescent training (IPCAPA) continued to grow reported income of £1,105,549 for the eighteen-month period, with seventy-three trainees on the four-year doctorate funded by NHS England. The funding provided by NHS England under a commercial contract that was re-tendered by the previous CEO, has been found to be insufficient to deliver high quality, resource intensive training to support the NHS Workforce Strategy. It is placing a burden on the organisation with limited resources. Ongoing meetings are taking place with NHS England to attempt to resolve the funding gap. The bpf is also facing additional pressures from its delivery partner the Anna Freud Centre to provide additional funding to deliver the doctorate program.

The MSc in Human Development that forms part of pre-training reported £261,234 for the eighteen-month reporting period despite the high attrition rate from year one to year two. The MSc acts as a feeder course to the Child and Adolescent training with a considerable number of the trainees progressing to the Child and Adolescent training.

Membership reported an increase in membership numbers and income for the first time since 2015-16, with income reported at £317,791 for the eighteen-month reporting period. This was due to the introduction of four new courses that has seen the trainee numbers overtake the full members that are of an aging population and London centric. The trainees are of a diverse population and are geographically spread.

The intensive trainings continue to see a low intake. This is due to a variety of factors, from those applying not possessing the requisite skills and experience for an intensive training together with the costs of a trainee being in analysis three times a week for the entirety of their four-year training being a barrier to training.

The Jungian training (BJAA) reported income of £55,715 for the eighteen-month period. It is anticipated that the Foundation year will act as a feeder course for the BJAA once weekly training that will see its numbers and income increase in the next year.

The Psychanalytic psychotherapy training (PPA) reported income of £98,619 for the eighteen-month reporting period. This is despite a low intake year on year and with many of its existing trainees with only the clinical element of their training to complete.

Income from charitable activities was £3,055,081 (2022/23 12 month period £1,373,917), due to the introduction of four new courses together with the growth of the trainee numbers for IPCAPA, Child and Adolescent Training.

Staff costs was reported at £1,889,653 for the eighteen-month reporting period, staff numbers increased from 28 to 36, with £1,099,356 of the pay bill expended on direct charitable activities, with support costs accounting for £790,927 of the pay bill.

Direct charitable expenditure was reported at £1,356,918 for the eighteen-month reporting period. This represents the non-staff costs of the delivery of core charitable activities.

Support costs was reported at £1,331,774 for the eighteen-month reporting period. This includes premises costs, IT costs, staff support costs, marketing, fundraising, safeguarding and depreciation and amortization.

Total expenditure reported at £3,788,048 (2022/23 12 month period: £1,737,100) exceeded income resulting in a net operational loss of (£732,965) (2022/23 12 month period: net operational loss £363,182). The Board of Trustees approved a strategy of funding from reserves for growth, this has seen the bpf income and expenditure increase proportionately. During the eighteen-month reporting period resources were directed to digital, building maintenance and staffing.

Restricted expenditure

Net restricted expenditure £1,836 (2022/23 12 month period: net expenditure £2,020) included a grant from NHS England of £60,000 and donations of £56,750.

Investments

Income from investments for the eighteen-month reporting period reported at £65,534 (2022/23 12 month period £54,117). The board of Trustees on advice from Sarasin PLC took the decision to dispose of investments held by CCLA to fund the strategy on investment for growth. Realised gains on disposal were on investments were reported at £13,644. Unrealised gains for the reporting period were reported at £124,007 (2022/23 12 month period loss £132,850).

Total reserves were reported at £3,074,586 on 30 September 2024, of which £224,013 is held as restricted funds (2022/23 12 month period: £273,368) and £1,803,189 as designated (2022/23 12 month period: £1,753,333). Designated funds consist of a legal fund of £20,000, a property fund of £1,693,333 and CADF monies for £89,856. Unrestricted funds amounted to £1,047,384 on 30 September 2024 (2022/23 12 month period: £1,643,200).

Investment policy and returns.

Under the memorandum and articles of association, the charity has the power to invest its funds at the discretion of the directors. The trustees considered the return on investments to be in keeping with present market conditions.

The trustees have exercised care and skill when making investment decisions and to the best of their abilities selected investments that were right for the charity taking account of:

- how suitable any investment is for the charity.
- the need to diversify investments

The trustees have addressed the ethical aspects of the charity's investments to ensure they are not in conflict with the aims of the charity. The trustees monitor and review the performance of the external investment manager.

Reserves

The board has reviewed the major risks that the charity faces, as a result the *bpf* is now committed to maintaining free reserves equal to 3-6 months operating costs, £483,000 to £967,000 and to retaining an additional sum of £20,000 as a legal fee reserve to ensure adequate cover for any probable future legal costs. Key financial control systems are reviewed annually. On 30 September 2024 free reserves were £1,047,384 which were above the target range set.

A number of adult psychotherapy trainings from the 3 merged organisations remain active. The board is committed to ensuring that these trainings continue until the trainees concerned have qualified which will entail using a level of its reserves.

In preparing those statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent.
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the charitable company's auditor is unaware; and as directors of the charitable company we have taken all the steps that we ought to have taken, in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

10. PRINCIPAL RISKS AND UNCERTAINTIES

The Trustees of bpf have ultimate responsibility for ensuring risk is managed satisfactorily within the organisation. In the 18 month reporting period, bpf's risk management policy and processes were reviewed and updated, and the central risk register was reviewed by Senior Management Team & the Audit & Risk Committee on a periodic basis. risk register was drafted.

Further work has been taking place within the first half of 2024 to train staff on risk management and embed the new risk management processes. A risk update is provided monthly to the Senior Management team, and quarterly to Audit & Risk Committee. As well as an update on the key central/strategic risks, any operational or programme level risk with a residual score of high or more is escalated to SMT to consider in terms of adequacy of the mitigating controls, actions, and oversight.

The principal risks that bpf must continuously address are those that affect the long-term ability:

- to maintain and develop bpf's training activities, membership, and clinical services
- to attract the best staff and students,
- to maintain and enhance its physical facilities and IT infrastructure

There are always uncertainties regarding the future external environment within which bpf operates, most notably government policy and funding for education and training.

Bpf's principal risks were heightened in 18 month period by the cost-of-living crisis, following on from the impact of COVID-19 in 2020.

The table below show the principal risks being managed by bpf at the end of the 18 month period and provides a summary of the mitigating action and controls in place to manage them.

Principal risks	Summary of key mitigating controls and actions
Financial position: Insufficient income and reserves to achieve strategic objectives and maintain operations	• Implementation of income growth plans • Financial procedures and policies • Production revised forecast and pay bill • Early commencement of the once weekly PD Training. • Revision of training fees • Development and implementation of fundraising strategy, pipelines and applications • Outsourcing of the finance function to strengthen the financial management & budgetary controls, robust business partnering • Internal auditors to be appointed and internal audit planned for key areas of risk •
Delivery of Business plan: Failure to deliver objectives in one year business plan and three-year strategic plan	• Planning, performance, and risk management framework developed and processes in place for regular reporting to SMT and ARC • Key growth initiatives fully implemented with further strategies for growth and fundraising in progress in line with five-year strategy • External audit to be carried out
Governance: Non-compliance with regulatory requirements or failure bpf governance	• Trustee training completed • Terms of reference for Board, Audit & Risk Committee and SMT completed • Annual programs implemented for SMT; Audit & Risk Committee & Board completed. • Effectiveness review of Board completed • Regularly reviewed policy register completed • Development disaster recovery plan

IT and data security: IT infrastructure not fit for purpose, cyber security and data breach risks	• Staff training in cyber security, data protection, remote working completed • Hope & May appointed as Data Protection Officer • Information assets recorded & training on GDPR completed • Full set of implemented IT policies completed • Oversight of third-party IT providers • Implementation of Sage Product • Penetration testing to be carried out • Implementation of Learning Management System, Moodle
Building: Mapesbury road not fit for purpose, non-compliance with regulatory requirements	• Implementation of action plan to address issues in 2024 inspection report • Door entry system completed • Upgrade of fire alarm and burglar alarm system • Essential repairs and maintenance completed to the building • Installation defibrillator • Health and Safety policy and training for all staff • Accessibility audit • Business continuity plan - workshop testing • Ongoing review of capacity issues and potential solutions
Staffing: Failure of leadership, inability to recruit, retain and develop staff effectively, organisational culture hinders pursuit of strategic objectives	• All staff trained on FREDIE • Recruitment of key growth roles and more diverse trustees • New appraisal and supervision process implemented. • Succession planning • 360 appraisals of SMT
Safeguarding: Failure to safeguard children and vulnerable adults	• Safeguarding training to all staff completed • New DBS provider appointed • Review of DBS approach for members and freelance workers providing services • Harmonisation of bpf safeguarding policy with Psychotherapists' Professional Code of Ethics
Reputation: Occurrence of incidents or events that damage bpf's reputation	• Regular monitoring and reporting to SMT on bpf risks • Trustee training • Communication and crisis management strategies to be developed • Whistleblowing policy • Codes of conduct for staff, trainees, and members • Environmental and social responsibility policy to be developed

11. PLANS FOR FUTURE

Due to the fast growth of the organisation over the last two years, the trustees decided to write a new strategy for the next five years. After an eight-month period of consultation with members, staff, trainees, and external stakeholders the trustees presented a new strategic plan for 2025 – 2030.

The new plan focuses on three new core objectives with the following cross-cutting themes underpinning each objective: Membership and training, diversity, accessibility, and clinical services.

SP1. Become a nationwide centre of excellence for psychoanalytic academia, research, and clinical services.

We believe that safe and effective psychotherapy must be underpinned and informed by active research and an academically focused community. The bpf is a growing community of rigorously trained professionals and we aim to foster an environment of intellectual investigation and knowledge dissemination. We aim to enable our members to be informed by the latest developments in psychoanalytic thinking and to find accessible ways for this knowledge to reach the wider public. We will continue to work with our academic partners such as University College London, The Anna Freud Centre, Birkbeck University, Exeter University. We will continue our own work towards our registration with the Office for Students and to continually improve our academic standards and quality assurance.

SP2. Become a fundraising organisation.

The bpf has never been a fundraising organisation, and we have traditionally relied on our trainings and membership fees for income generation. We are now in a position where we can begin to fundraise so that we can increase our social impact through providing greater access to low-fee psychotherapy, increase the diversity in our trainee and membership populations by raising money for training bursaries, and creating greater financial stability for the organisation.

Our fundraising activities will include:

Provide services to the public through dissemination of knowledge, training excellent psychotherapists, and increasing access to low-fee, intensive psychotherapy.

Fundraise through bids to trusts and foundations to increase accessibility for people with complex needs to intensive, long-term psychotherapy.

Provide employment opportunities to our qualified members by increasing our clinical services capacity.

Fundraise to generate income through legacies and individual giving to provide bursaries for people who cannot usually afford our training fees.

Fundraise through legacies, individual giving and events to cover core costs of running the organisation.

SP3. Continue to run a highly effective, efficient, and inclusive organisation.

We are committed to improving and consolidating the work we have undertaken to professionalise the organisation. We will be focusing on income generation to improve financial health, we will continue to improve the governance arrangements at board and internal levels, we will continue to monitor risk and performance and provide feedback to the trustees and members.

We will:

Continue to provide excellent membership services including fostering clear communications between staff and members.

Develop closer relationships with our trainees and students to create an environment of co-creation of the learning experience.

Continue to develop a learning environment that takes account of diverse learning needs of our students and trainees.

Continue to develop the skills and knowledge of our staff and foster an inclusive, nurturing work environment.

Ensure robust financial and risk management controls are in place.

Ensure effective governance with reviews.

Ensure our policies comply with EDI and modern anti-slavery regulations. Ensuring our recruitment and selection processes are fair and open.

This report was approved by the board of directors on 29th April 2025 and signed on its behalf.

A handwritten signature in black ink, appearing to read "Jean M. Knox". The signature is fluid and cursive, with a long horizontal stroke at the beginning.

Jean Knox, Chair of Board of Directors

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF THE BRITISH PSYCHOTHERAPY FOUNDATION

Opinion

We have audited the financial statements of The British Psychotherapy Foundation (the 'charitable company') for the period ended 30 September 2024 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2024 and of its income and expenditure for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial period for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- The charitable company is required to comply with both company law and charity law and based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.



9 May 2025

Simon Goodridge
Senior Statutory Auditor
for and on behalf of Knox Cropper LLP Statutory Auditor
65 Leadenhall Street London EC3A 2AD

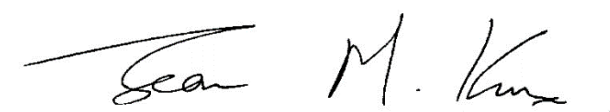
BRITISH PSYCHOTHERAPY FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

	Notes	Unrestricted	Designated	Restricted	Total 2024 18 Month Period	Total 2023 12 Month Period
		£	£	£	£	£
Income and Endowments:						
Donations and Legacies	2	37,218	150,000	80,000	267,218	118,283
Investment income	3	65,534	-	-	65,534	54,117
Charitable Activities						
Membership		317,840	-	-	317,840	209,905
Training Fees	4	1,267,243	-	-	1,267,243	721,861
Pre-trainings including MSc Course Fees		997,203	-	-	997,203	213,586
Short Courses		98,569	-	-	98,569	18,756
Events		9,122	-	-	9,122	3,666
Publication Income		12,291	-	-	12,291	26,829
Clinic Access and Services		14,829	-	-	14,829	6,913
Other		5,232	-	-	5,232	-
Total Income		2,825,081	150,000	80,000	3,055,081	1,373,917
Expenditure:						
Charitable Activities						
	5					
Membership		335,096	-	-	335,096	210,028
Education						
Training Courses		1,962,820	34,137	81,836	2,078,793	1,150,566
MSc Course & pre-trainings		1,058,355	-	-	1,058,355	270,278
Short Courses		134,127	-	-	134,127	17,357
Events		9,934	-	-	9,934	5,409
Publications		49,222	-	-	49,222	36,534
Clinical Access & Services		122,520	-	-	122,520	46,927
Total Expenditure		3,672,074	34,137	81,836	3,788,047	1,737,100
Net Income/Expenditure before gains/(losses)		(846,993)	115,863	(1,836)	(732,966)	(363,182)
Net Gains/(Losses) on Investments		137,651	-	-	137,651	(132,850)
Net Income/Expenditure		(709,342)	115,863	(1,836)	(595,315)	(496,032)
Transfers Between Funds		113,526	(66,007)	(47,519)	-	-
Net Movement in Funds		(595,816)	49,856	(49,355)	(595,315)	(496,032)
Total Funds brought forward		1,643,200	1,753,333	273,368	3,669,901	4,165,933
Total Funds carried forward		1,047,384	1,803,189	224,013	3,074,586	3,669,901

BRITISH PSYCHOTHERAPY FOUNDATION
STATEMENT OF FINANCIAL POSITION AS AT 30 SEPTEMBER 2024

	Note	18 Month Period to 30/09/2024 £	12 Month Period to 31/03/2023 £
FIXED ASSETS			
Intangible Asset	8	-	-
Tangible Fixed Assets	9	136,185	96,128
Freehold Property & Improvements	10	1,693,333	1,733,333
Investments	11	1,165,113	1,443,781
		<u>2,994,631</u>	<u>3,273,242</u>
CURRENT ASSETS			
Debtors	12	572,877	490,363
Cash at Bank & In Hand		<u>793,361</u>	<u>351,732</u>
		1,366,238	842,095
CREDITORS: Amounts Falling Due within One Year	13	<u>(1,286,283)</u>	<u>(445,436)</u>
NET CURRENT ASSETS		79,955	396,659
TOTAL ASSETS LESS CURRENT LIABILITIES		<u><u>3,074,586</u></u>	<u><u>3,669,901</u></u>
CREDITORS: Amounts Falling Due after One Year	13	-	-
FUNDS	14		
Restricted Funds		224,013	273,368
Designated Funds		1,803,189	1,753,333
Unrestricted Funds		1,047,384	1,643,200
		<u><u>3,074,586</u></u>	<u><u>3,669,901</u></u>

These financial statements were approved by the Board of Trustees on 29th April 2025
and were signed on its behalf by:



.....
Jean Knox
Director

Registered Company No: 08238969
Registered Charity No: 1150806

The notes on pages 28 to 34 form part of these Financial Statements

BRITISH PSYCHOTHERAPY FOUNDATION
STATEMENT OF CASH FLOWS
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

	Note	2024 18 Month Period	2023 12 Month Period
Cash Flow from Operating Activities			
Net cash provided by (used in) operating activities	18	139,112	(459,431)
Cash Flow from Investing Activities:			
Investment Additions		-	(498,180)
Investment Disposals		416,319	898,273
Purchase of property, plant & Equipment		(113,802)	(105,134)
Net cash provided by (used in) investing activities		<u>302,517</u>	<u>294,959</u>
Change in Cash & cash equivalents in the operating period		441,629	(164,472)
Cash & Cash Equivalents at the beginning of the operating period		351,732	516,204
Cash & Cash Equivalents at the end of the reporting period		<u>793,361</u>	<u>351,732</u>

**BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024**

1 Accounting Policies

1.1 Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102 second edition – effective 1 January 2019)), applicable UK accounting standards and the Companies Act 2006.

1.2 Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of one year from the date of approval of these financial statements. The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

1.3 Incoming resources

Voluntary Income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or if donors' conditions have not been fulfilled, then income is deferred. Investment income is recognised on a receivable basis.

1.4 Resources expended

Resources expended are recognised when a liability is incurred, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.5 Pension Costs

The company contributes to a stakeholder pension scheme. These costs are accounted for by charging the premiums paid in the period during which the company benefits from the employees' services.

1.6 Intangible Fixed Assets

Intangible fixed assets are publication rights for the British Journal of Psychotherapy. These intangible assets will be amortised over their estimated economic life of 4 years on a straight-line basis.

1.7 Tangible Fixed Assets

Individual fixed assets costing more than £1,000 are capitalised at cost. Depreciation is provided on all tangible fixed assets at rates calculated to write off the carrying value over their expected useful economic life as follows: Freehold buildings 2% straight line basis Library, books, films & 15% reducing balance Furniture & Fittings 25% reducing basis, Equipment basis Office Equipment 33% straight line basis Database and IT equipment 33% straight line basis

1.8 Investments

Investments including funds under management are stated at market value at the balance sheet date. These investments are readily convertible to cash. The Statement of Financial Activities includes the net gains and losses arising on revaluations.

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

2 GRANTS AND DONATIONS

	2024	2023
	18 Month Period	12 Month Period
	£	£
Grants	210,000	69,500
Donations	56,750	48,703
Members' and donations	468	80
	<u>267,218</u>	<u>118,283</u>

3 INVESTMENT INCOME

	2024	2023
	18 Month Period	12 Month Period
	£	£
Interest	6,406	-
Dividends	59,128	54,117
	<u>65,534</u>	<u>54,117</u>

4 TRAINING FEES

	2024	2023
	18 Month Period	12 Month Period
	£	£
IPCAPA Training	1,105,549	628,822
PPA Training	98,619	88,884
BJAA Training	63,075	11,040
Less Bad debt provision	-	(6,885)
	<u>1,267,243</u>	<u>721,861</u>

5 CHARITABLE ACTIVITIES

	2024 - 18 Month Period				2023 - 12 Month Period			
	Direct	Staff Cost	Support	Total	Direct	Staff Cost	Support	Total
	£	£	£	£	£	£	£	£
Membership	86,047	93,261	155,788	335,096	71,769	33,018	105,241	210,028
Education				-				-
Qualification Courses	972,226	485,433	621,134	2,078,793	511,570	280,292	358,704	1,150,566
MSc & pre-trainings	227,951	341,629	488,775	1,058,355	94,431	68,760	107,087	270,278
Short Courses	18,713	67,101	48,313	134,127	5,621	2,332	9,404	17,357
Events	5,463	-	4,471	9,934	3,571	-	1,838	5,409
				-				
	<u>1,310,400</u>	<u>987,424</u>	<u>1,318,481</u>	<u>3,616,305</u>	<u>686,962</u>	<u>384,402</u>	<u>582,274</u>	<u>1,653,638</u>
Clinical Access & Services	3,320	111,932	7,268	122,520	4,430	39,032	3,466	46,928
Publications	43,198	-	6,024	49,222	23,082	-	13,452	36,534
	<u>1,356,918</u>	<u>1,099,356</u>	<u>1,331,773</u>	<u>3,788,047</u>	<u>714,474</u>	<u>423,434</u>	<u>599,192</u>	<u>1,737,100</u>

6 SUPPORT COSTS

	Membership	Training Courses	MSc & pre-training	Short Courses	Events	Total 2024 18 Month Period	Total 2023 12 Month Period
	£	£	£	£	£	£	£
Staff Costs	100,335	368,592	290,047	28,670	2,653	790,297	298,057
Other Staff Costs	11,563	42,479	33,427	3,304	306	91,079	49,774
Premises Costs	37,132	136,406	107,339	10,610	982	292,469	180,390
Communications costs	6,101	22,411	17,635	1,743	161	48,052	14,302
Office Running Cost	12,273	45,087	35,479	3,507	325	96,671	39,149
Governance Cost	1,677	6,159	4,847	479	44	13,206	17,520
	<u>169,081</u>	<u>621,134</u>	<u>488,775</u>	<u>48,313</u>	<u>4,471</u>	<u>1,331,774</u>	<u>599,192</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

SUPPORT COSTS PRIOR YEAR

	Membership £	Training Courses £	MSc & pre- training £	Short Courses £	Events £	Total 2023 £
Staff Costs	60,766	178,431	53,268	4,678	914	298,057
Other Staff Costs	10,148	29,796	8,896	781	153	49,774
Premises Costs	36,777	107,990	32,239	2,831	553	180,390
Communications costs	2,916	8,562	2,556	224	44	14,302
Office Running Cost	7,980	23,438	6,997	614	120	39,149
Governance Cost	3,572	10,487	3,131	276	54	17,520
	<u>122,159</u>	<u>358,704</u>	<u>107,087</u>	<u>9,404</u>	<u>1,838</u>	<u>599,192</u>

7 STAFF COSTS AND KEY PERSONNEL

No remuneration was paid to directors during the year. Expenses reimbursed to them in their capacity as directors amounted to £94 (2023: Nil).
A number of the directors received fees in respect of professional services rendered as psychotherapists during the year amounting to £5,320 (2023: £2,960).

The staff costs of remaining staff were:

	2024 18 Month Period £	2023 12 Month Period £
Wages and Salaries	1,693,887	625,960
Social Security Costs	161,045	66,227
Pension Costs	34,721	16,684
	<u>1,889,653</u>	<u>708,871</u>

Note: The Staff costs and Key Personnel figures for 2024 are based on an 18 month period whereas 2023 is based on a 12 month period.
During the 18 month period of 2024, an increase in staff numbers and the number at management level took place.

Key management personnel for all or part of the year consisted of Five individuals (2023: three). The total remuneration for key personnel amounted to £439,875 (2023: £169,198).

Staff receiving remuneration greater than £60,000 were:

	2024 18 Month Period £	2023 12 Month Period £
Between £60,000 and £70,000	1	2
Between £90,000 and £100,000	1	-
Between £110,000 and £120,000	1	-
Between £130,000 and £140,000	<u>1</u>	<u>-</u>
	4	2

8 INTANGIBLE ASSET

Publication rights: British Journal of Psychotherapy

	30/09/2024 £	31/03/2023 £
Cost at 1 April	<u>10,000</u>	<u>10,000</u>
Accumulated amortization		
At 1 April	10,000	10,000
Charge for the period	-	-
At 30 September / 31 March	<u>10,000</u>	<u>10,000</u>
Net book value at 30 September / 31 March	<u>-</u>	<u>-</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

9 TANGIBLE FIXED ASSETS

	Freehold Property	Equipment Furniture & Fittings	Film Equipment & Books	Total 30/09/2024	Total 31/03/2023
	£	£	£	£	£
Cost:					
At 1 April	2,000,000	264,290	56,029	2,320,319	215,185
Revaluations					
Additions	-	92,585	21,217	113,802	105,134
Disposals	-	-	-	-	-
At 30 September / 31 March	<u>2,000,000</u>	<u>356,875</u>	<u>77,246</u>	<u>2,434,121</u>	<u>320,319</u>
Accumulated depreciation:					
At 1 April	266,667	174,057	50,134	490,858	188,060
Charge for the period	40,000	72,043	1,702	113,745	36,131
At 30 September / 31 March	<u>306,667</u>	<u>246,100</u>	<u>51,836</u>	<u>604,603</u>	<u>224,191</u>
Net book value at 30 September 2024:	<u>1,693,333</u>	<u>110,775</u>	<u>25,410</u>	<u>1,829,518</u>	<u>96,128</u>
Net book value at 31 March 2023:	<u>1,733,333</u>	<u>90,233</u>	<u>5,895</u>	<u>1,829,461</u>	

10 FREEHOLD PROPERTY & IMPROVEMENTS

	Total £
NET BOOK VALUE	
At 30 September 2024	<u><u>1,693,333</u></u>

The freehold property at Mapesbury Road was valued as at 30 September 2024 by Homeview Estate Agents at £3.5m.
The property continues to be recorded in the financial statements at historic cost.

11 INVESTMENTS

	30/09/2024 £	31/03/2023 £
Quoted Investments		
Balance Brought Forward	1,443,781	1,976,725
Additions	-	498,180
Disposals	(416,319)	(898,274)
Unrealised and Realised Gain/ (Loss)	<u>137,651</u>	<u>(132,850)</u>
Market value at 30 September / 31 March	<u><u>1,165,113</u></u>	<u><u>1,443,781</u></u>
 Held at year end:		
Sarasin Alpha CIF	1,163,832	1,220,561
CAF Balanced Growth Fund	-	67,857
COIF Charity Investment Fund - Accumulation Shares	-	154,082
Triodos Bank	<u>1,281</u>	<u>1,281</u>
	<u><u>1,165,113</u></u>	<u><u>1,443,781</u></u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

12 DEBTORS

	30/09/2024	31/03/2023
	£	£
Debtors	512,429	315,678
Bad Debt Provision	(13,356)	-
Trainee loans	5,640	6,581
Payments in advance	68,164	168,104
	<u>572,877</u>	<u>490,363</u>

13 CREDITORS

	30/09/2024	31/03/2023
	£	£
Trade creditors	27	27,439
Deferred income	1,130,521	291,927
Credit card	2,940	-
Accruals	118,441	101,332
PAYE and staff related	34,255	24,233
Jungian archives	99	505
	<u>1,286,283</u>	<u>445,436</u>

14 FUNDS

	Balance B/F £	Incoming Resources £	Expenditure £	Investment Gains/losses £	Transfers £	Balance C/F £
Restricted funds						
Trainee Loan Fund	9,155			-		9,155
						-
HEE - Equality, Diversity & Inclusion Fund	57,300	60,000	78,436	-	(12,500)	26,364
Child Training	103,229	20,000	3,200	-	(16,746)	103,283
Trainee Bursary Fund	12,063	-	-	-	(12,063)	-
Trainee Bursary Fund - 2018	6,710	-	-	-	(6,710)	-
Trainee Bursary Fund - 2019	20,000	-	-	-	(20,000)	-
Rosalie Joffe Fund	-	-	200	-	20,000	19,800
Lionel Monetith Lecture Fund	5,268	-	-	-	-	5,268
Eileen Curtiz	1,700	-	-	-	-	1,700
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Estella Welldon Fund	-	-	-	-	500	500
Gyll Moore Fund	314	-	-	-	-	314
Premises Fund	37,099	-	-	-	-	37,099
Lincoln Legacy	17,316	-	-	-	-	17,316
Fixed assets Fund	-	-	-	-	-	-
	<u>273,368</u>	<u>80,000</u>	<u>81,836</u>	<u>-</u>	<u>(47,519)</u>	<u>224,013</u>
Designated funds						
Property Fund	1,733,333	-	-		(40,000)	1,693,333
Legal Fees Fund	20,000	-	-	-	-	20,000
CADF Fund	-	150,000	34,137		(26,007)	89,856
	<u>1,753,333</u>	<u>150,000</u>	<u>34,137</u>	<u>-</u>	<u>(66,007)</u>	<u>1,803,189</u>
General reserves	<u>1,643,200</u>	<u>2,825,081</u>	<u>(3,672,074)</u>	<u>137,651</u>	<u>113,526</u>	<u>1,047,384</u>
Total reserves	<u>3,669,901</u>	<u>3,055,081</u>	<u>(3,788,047)</u>	<u>137,651</u>	<u>-</u>	<u>3,074,586</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

Prior year:

Restricted funds

Trainee Loan Fund	14,545	-	-	-	(5,390)	9,155
Child Training	124,869	48,703	(84,033)	-	13,690	103,229
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund - 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund - 2019	20,000	-	-	-	-	20,000
Lionel Monetith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	(8,300)	17,316
Eileen Curtiz	1,700	-	-	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
HEE - Equality, Diversity & Inclusion Fund	24,000	69,500	(36,200)	-	-	57,300
	<u>275,398</u>	<u>118,203</u>	<u>(120,233)</u>	<u>-</u>	<u>-</u>	<u>273,368</u>

Designated funds

Property Fund	1,760,000	-	-	-	(26,667)	1,733,333
Legal Fees Fund	20,000	-	-	-	0	20,000
	<u>1,780,000</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>(26,667)</u>	<u>1,753,333</u>

General reserves

	<u>2,110,545</u>	<u>1,255,714</u>	<u>(1,616,876)</u>	<u>(132,850)</u>	<u>26,667</u>	<u>1,643,200</u>
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Total reserves

	<u>4,165,943</u>	<u>1,373,917</u>	<u>(1,737,109)</u>	<u>(132,850)</u>	<u>-</u>	<u>3,669,901</u>
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15 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets £	Investments £	Net Current Assets £	Total £
Restricted Fund	22,015	-	201,998	224,013
Designated Fund	1,783,189	-	20,000	1,803,189
Unrestricted Fund	24,314	1,165,113	(142,043)	1,047,384
	<u>1,829,518</u>	<u>1,165,113</u>	<u>79,955</u>	<u>3,074,586</u>
Prior year:	-	-	-	-
	Fixed Assets £	Investments £	Net Current Assets £	Total £
Restricted Fund	-	-	273,368	273,368
Designated Fund	1,733,333	-	20,000	1,753,333
Unrestricted Fund	96,128	1,443,781	103,281	1,643,190
	<u>1,829,461</u>	<u>1,443,781</u>	<u>396,649</u>	<u>3,669,891</u>

16 MEMBERS LIABILITY

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up is £5.

17 TAXATION

The company is a registered charity and no provision is considered necessary for taxation.

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE 18 MONTH PERIOD ENDING 30 SEPTEMBER 2024

18 NOTES TO THE CASH FLOW STATEMENT

	30/09/2024 £	31/03/2023 £
Reconciliation of net movement in funds to cash flow from operating activities		
Net movement in Funds for the reporting period as per the Statement of Financial Activities	(595,315)	(496,032)
Adjustment for		
(Gain)/Loss on investments	(137,651)	132,850
Depreciation charges	113,745	62,798
(Increase)/decrease in debtors	(82,514)	(329,175)
Increase/(decrease) in creditors	840,847	170,128
Net cash provided by (used in) operating activities	<u>139,112</u>	<u>(459,431)</u>

Analysis of Cash & Cash Equivalents

Cash at bank	793,361	351,732
Total Cash & Cash Equivalents	<u>793,361</u>	<u>351,732</u>

19 Related Party Transactions

There were no related party transactions in the year.

20 Comparatives for the Statement of Financial Activities

	Notes	Unrestricted £	Designated £	Restricted £	Total 2023 £
Income and Endowments:					
Donations and Legacies	2	80	-	118,203	118,283
Investment income	3	54,117	-	-	54,117
Charitable Activities					
Membership		209,905	-	-	209,905
Training Fees	4	721,861	-	-	721,861
Pre-trainings including MSc Course Fees		213,586	-	-	213,586
Short Courses		18,756	-	-	18,756
Events		3,666	-	-	3,666
Publication Income		26,829	-	-	26,829
Room Hire and Lettings		6,914	-	-	6,914
Clinic Access and Services		-	-	-	0
Other		1,255,714	-	118,203	1,373,917
Total Income					
Expenditure:					
Charitable Activities	5				
Membership		210,028	-	-	210,028
Education					
Training Courses		1,030,343	-	120,223	1,150,566
MSc Course & pre-trainings		270,278	-	-	270,278
Short Courses		17,357	-	-	17,357
Events		5,409	-	-	5,409
Publications		46,927	-	-	46,927
Clinical Access & Services		36,534	-	-	36,534
Total Expenditure		<u>1,616,876</u>	-	<u>120,223</u>	<u>1,737,099</u>
Net Income/Expenditure before gains/(losses)		(361,162)	-	(2,020)	(363,182)
Net Gains/(Losses) on Investments		(132,850)	-	-	(132,850)
Net Income/Expenditure		<u>(494,012)</u>	-	<u>(2,020)</u>	<u>(496,032)</u>
Transfers Between Funds		26,667	(26,667)		
Net Movement in Funds		(467,345)	(26,667)	(2,020)	(496,032)
Total Funds brought forward		2,110,545	1,780,000	275,388	4,165,933
Total Funds carried forward		<u>1,643,200</u>	<u>1,753,333</u>	<u>273,368</u>	<u>3,669,901</u>

Accounts



BRITISH PSYCHOTHERAPY FOUNDATION
Annual Report & Financial Statements
For the year ended 31 March 2023

Company number:0823969

Charity Registration Number:1150806

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ADMINISTRATIVE DETAILS

Charity Trustees

Professor Jean Knox (Chair)	Appointed 21 November 2020
Steven Flower (Vice Chair)	Co-opted 21 June 2022
Ferelyth Watt	Appointed May 2017
Liza Catan	Appointed 21 November 2020
Eleanor Mongey	Co-opted 23 November 2019
Sonia Appleby (Resigned 26/10/2023)	Co-opted 21 March 2023
Jemma Corenbloom	Co-opted 21 March 2023
Ruth Calland	Resigned 21 June 2022
Susannah Rose	Resigned 25 October 2022
Sarah Spitzfaden	Resigned 25 October 2022
Mary Pat Campbell	Resigned 27 October 2022

Senior Management Team

Chief Executive:	Dr France Gillies
Director of Corporate Services:	David Ryan
Director of Clinical Services:	Angela Marsh -Appointed 18th April 2023
Head of Membership & Marketing:	Matthew Aldridge
Head of Projects:	Dr Wayne Full – Appointed on 2 nd May 2023

Principal & Registered Office:

37 Mapesbury Road
London
NW2 4HJ

Principal Advisers

Auditors:

Knox Cropper LLP
Chartered Accountants
65 Leadenhall Street
London
EC3A 2AD

Bankers:

National Westminster Bank Plc
Chatham Rcsc, Western Avenue
Waterside Court, Chatham
Maritime Chatham,
Kent
ME4 4RT

Investment Managers:

Sarasin & Partners LLP
Juxon House
100 St. Paul's Churchyard
London
EC4M 8BU

CCLA
Senator House
85 Queen Victoria
London
EC4V 4ET

Triodos Bank
Deanery Road
Bristol BS1 5AS

Legal Advisers:

Russell-Cooke
2 Putney Hill
Putney
London
SW15 6AB

Bates Wells
10 Queen Street Place
London
EC4R 1BE

ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023

OPERATING AND FINANCIAL REVIEW

1. ABOUT THE BRITISH PSYCHOTHERAPY FOUNDATION

The British Psychotherapy Foundation (bpf) is a membership and psychotherapy training organisation, also offering clinical services. It was formed in 2015 when three London-based psychotherapy training organisations decided to amalgamate and streamline their training offerings. These three associations still exist within the bpf and are: the Psychoanalytic Psychotherapy Association (PPA); the British Jungian Analytic Association (BJAA); and the Independent Psychoanalytic Child and Adolescent Psychotherapy Association (IPCAPA).

Each of these three associations offer qualifying training in their specialism or psychotherapy tradition. The trainees and graduates of these trainings are members of the bpf, as are the graduates of the doctorate in psychoanalytic psychotherapy at the University of Exeter. In addition to the qualifying trainings, academic qualifications are offered by the bpf (see section 2.1 Training). bpf's training offering is being extended further via initiatives such as the newly developed Foundation course, with a focus on providing a career-long, start to finish journey for our trainees and members, and the new Psychodynamic Psychotherapy training.

In addition to training and membership (see section 2.2 Membership Services), the bpf offers low-cost psychotherapy to members of the public (see section 2.3 Clinical Services).

bpf's mission

bpf is a charity and its mission is to provide the public with access to psychotherapists who have undertaken rigorous, thorough, and academically excellent trainings and who are supported by a membership body that provides career-long, continuing professional development. The charity aims to educate the public about psychoanalytic theory and practice and have influence over social policy to increase access to intensive, psychoanalytically informed psychotherapy. It is working to increase accessibility to its trainings and membership, so that a wider range of the general public is represented in its membership. It is also striving to make its clinical services more widely available to the general public, geographically and economically.

bpf's public benefit

The objects of the **bpf** are for the public benefit; they aim to preserve mental health and relieve mental distress, particularly through psychotherapy, in all or any of its aspects, by:

- Advancing the education, training, study and practice of analytic therapies and psychoanalysis.
- Increasing the public knowledge of therapies.
- Advancing therapies as a method of treatment.
- Advancing the practice of therapies as a profession.
- Providing easier and affordable access to psychotherapy treatment.

In planning the charity's activities, the trustees have had regard to the Charity Commission's guidance on public benefit.

2. REVIEW OF OPERATIONS

2.1 TRAINING

The qualifying training offered by the bpf in 2022-23 included:

- Adult intensive psychotherapy training (analytic) - work with clients 3 times per week
 - Psychoanalytic psychotherapy training (PPA)
 - Jungian analytic training (BJAA)
- Adult psychodynamic psychotherapy training – work with clients once or twice per week
 - Jungian psychotherapy training (BJAA)
- Child & adolescent psychotherapy training
 - Doctorate in Child & Adolescent Psychotherapy – IPCAPA collaboration with University College London (UCL) and the Anna Freud Centre (AFC)

In addition, bpf continued to provide professional accreditation of Exeter University's Doctor of Psychodynamic/Psychoanalytic Psychotherapy Clinical Practice (DPPClinPrac) and continued to deliver the MSc in Psychoanalytic Understanding of Human Development, run in partnership with Birkbeck University.

Short courses delivered in 2022-23 included the Infant Observation course, and Psychotherapy Today (an introduction to psychoanalytic and Jungian ideas), as well as several analytically oriented reading groups.

In January 2023, bpf launched a pilot of a newly developed Foundation course with a focus on providing a career-long, start to finish journey for its trainees and members; a first full cohort will commence this course in September 2023.

2.1.1 Student/Trainee numbers

Number of trainees enrolled on bpf courses/trainings 2022-23 academic year

Course/Training	Yr 1	Yr 2	Yr 3	Yr 4
MSc / PG Dip Psychoanalytic Understanding of Human Development (bpf and Birkbeck) (<i>numbers at end Dec 22</i>)	26	16	n/a	n/a
IPCAPA Doctorate in Child & Adolescent Psychoanalytic Psychotherapy (in conjunction with Anna Freud Centre/UCL)	20	13	16	9
BJAA Jungian Analytic training	5	0	1	0
PPA Psychoanalytic Psychotherapy training	4	4	6	4

2.1.2 Fees and Funding

Course/Training	Funding source
MSc / PG Dip Psychoanalytic Understanding of Human Development (bpf and Birkbeck)	Most self-funded with or without help of Government loan; some HEE bursaries available, potential for employing NHS trust to fund
IPCAPA Doctorate in Child & Adolescent Psychoanalytic Psychotherapy (in conjunction with Anna Freud Centre/UCL)	HEE funded where student based in E&W.
BJAA Jungian Analytic training (intensive)	Self-funded
PPA Psychoanalytic Psychotherapy training (intensive)	Most self-funded; potential for employing NHS trust to fund

Bursaries: bpf provides some financial aid to students/trainees through its bursaries scheme. This scheme aims to increase the demographic diversity of bpf's student/trainee cohort by helping those who experience greater barriers to accessing bpf's training. This includes the financially disadvantaged, BAME students/trainees and those who are resident outside London. Funding for the bursaries is provided by Health Education England (HEE). bpf made a total of £120,233 in bursary payments in 2022-23.

2.2.3 Student/Trainee retention

Course/Training	Number of students/trainees not retained in 2022-23
MSc	10 from Year 1 & 1 from Year 2 (as at end Dec 2022)
IPCAPA	2
BJAA Intensive	0
PPA Intensive	1 (plus one interrupting studies)

2.2.4 Individual trainings / course reports

A: Foundation course

The bpf Foundation Course is a new course that was piloted in January 2023. It has been designed for those at the very beginning of their journey to become a qualified psychotherapist. Built with flexibility in mind, this training is delivered through a combination of in-person and online teaching that is perfectly suited to those looking to change careers. During this programme, trainees gain an in-depth understanding of psychoanalytic and Jungian theory. Unlike other psychotherapy foundation programmes, the bpf *Foundation* Course contains a supervised clinical placement and taught clinical module. Students that successfully complete the Foundation Course will have all of the theoretical and clinical experience needed for the bpf's qualifying courses, or other clinical trainings in psychodynamic, Jungian and psychoanalytic practice taught elsewhere.

Following the pilot which had an intake of 16 students, the course will be rolled out in September 2023 with an anticipated intake of 60 students. The course is currently self-funded.

B: MSc/PG Dip

The MSc is a pre-clinical course providing preparation for training as a child and adolescent psychotherapist, psychoanalytic psychotherapist, or Jungian analyst, as well as personal and professional development for those working in social care, counselling, social services, primary care, mental health, and education, or as exploration for a career change to therapeutic work or psychotherapy. Thirty in person places were available on the course for the academic year 2022-23, with an additional six distance learning places.

Number of students still enrolled at the end of the Autumn term of 2022-23 academic year

Year 1	26
Year 2	16

Theoretical stream chosen by the 2022-23 year 1 and 2 cohorts (as at May 2023)

Jungian	20
Psychoanalytic	22

Characteristics of 2022-23 year 1 and 2 cohorts (as at May 2023)

Distance learners	6	12%
Resident outside London	14	34%

Men	6	15%
Ethnic minority	12	29%

Delivery partner

The MSc is delivered in conjunction with Birkbeck University London. In 2022-23, there was an agreement between bpf and Birkbeck for bpf to host hybrid teaching.

Funding/Financial support

Most students are self-funded, with or without a government loan for PG studies. HEE (NHSE) has made some bursaries available for prospective MSc students planning to complete the MSc as part of the preclinical requirements for the [child & adolescent psychotherapy training](#) offered by IPCAPA. As part of the same wider initiative, students working in the NHS can, in some cases, be funded by their NHS trust.

For the 2022-23 academic year, one Year 2 student was/is funded by their NHS trust; this number is likely to grow in 2023-24. Ten Year 1 and two Year 2 students were granted an HEE (NHSE) bursary; some of the Year 1 students were granted their bursary before starting on the course.

Staffing

The MSc relies mainly on 20+ academics - IPCAPA and the BJAA graduates, to teach theory and supervise the students' dissertations. In addition, it uses the expertise of nine Infant Observation seminar leaders (who are either IPCAPA or Tavistock trained Child and Adolescent psychotherapists), and four work discussion seminar leaders.

Teaching online and teaching hybrid cohort seminars has been a learning curve for the course as a whole, and particularly for the infant observation seminar leaders. Ongoing conversations have taken place within the MSc to support seminar leaders.

Student experience

Overall feedback from the MSc students has been positive in 2022-23. The distance learning program has been very much appreciated by those currently enrolled who would not have been able to enroll on a preclinical course otherwise; it attracts students from the North of England, Scotland, Wales, and wider afield. The collection of students' feedback is being changed and will provide enhanced data for the 2023-24 academic year.

Student retention

Ten Year 1 students and one Year 2 had left the course by the end of the first term of the 2022-23 academic year. Attrition in the first term of the MSc is expected and usual. First year students can change their minds within 2 weeks of starting on the course without being liable for fees. Other common reasons for leaving the course include adoption and pregnancies, family illness, and a change in work circumstances. Pastoral care is in place at the bpf and Birkbeck to help students with any issues that arise for them during the course.

Student achievement

22 students completed the MSc in July 2022.

Future plans / developments

The online section of the course is working well and is attracting a lot of interest. bpf is aiming to recruit ten Year 1 online students for September 2023, which is an increase of four more than in September 2022. Feedback from the current cohort of distance learners has been used to improve the delivery and the overall online experience on the course.

C: IPCAPA's Doctorate in Child and Adolescent Psychotherapy

Since 2014, IPCAPA, at the British Psychotherapy Foundation (bpf), and the Anna Freud Centre/UCL, have collaborated to provide the Doctorate in Child and Adolescent Psychotherapy. This four-year full-time programme leads to the award of DPsych and professional membership of the Association of Child Psychotherapists (ACP) as well as the bpf.

Trainee numbers

The number of new trainees commencing the Doctorate in Child & Adolescent Psychoanalytic Psychotherapy with bpf each year has grown from nine in 2019 to twenty in 2022, with an expected recruitment of circa twenty for 2023.

Funding/Financial support

Trainees based in England and Wales have their tuition fees funded by Health Education England (HEE). There is also a bpf bursaries scheme to provide further financial aid, although there is currently a high number of applicants due to the 'cost of living' crisis.

Staffing

bpf resource supporting the course includes a Clinical Services Director, Business Manager, Training Coordinator, Pre-Clinical Training Coordinator, four Senior Tutors, five Progress Advisors per year group, Visiting Teaching staff, and additional administrative support.

Delivery partners

The bpf team work closely with the Anna Freud Centre (AFC) who manage the research element of the doctorate. The core team meets with the AFC monthly to discuss trainee issues and work together on the timetable, handbook, interruptions, etc., as well as to ensure trainees feel that they are on one cohesive training. The Doctorate is awarded by University College London (UCL).

Re-accreditation

The Clinical Director led the training to successfully pass a re-accreditation with the Association of Child Psychotherapists (ACP) in 2022. Excellent feedback about the training was received and the training passed with no conditions.

Trainee experience

Most of IPCAPA's trainees work in NHS trusts – working three days a week over four days to enable them to fit in their analysis and their travel to placements. A small number of trainees are also based in charities that employ child psychotherapists. IPCAPA is keen to diversify placements and host more trainees in a range of different placements going forwards.

Detailed feedback is obtained from students, using Mentimeter, at the start and end of term, as well as via a termly meeting with staff and student representatives from each year group. Collecting feedback at several points each term enables the team to make improvements within a term. Each year group also meets with their year tutor at the beginning and end of each term for a feedback/reflective space. It is another opportunity for trainees to share their experience of the training and raise any issues.

Trainee retention

IPCAPA had a low attrition rate in 2022/23 – two trainees. The Director and the team are considering how they can support trainees further, where retention issues arise, to continue with their training where this is possible.

Trainee progression and achievement

In 2022, 100% of the final year trainees qualified, and all began working as Child Psychotherapists in the NHS. One trainee also began teaching on the BPF and Birkbeck MSC course. All the trainees, across all the year cohorts, except for the two trainees who left the training in 2022-23, are expected to carry on to

the next year of the training in September 2023, or to graduate in July 2023 and secure work as child psychotherapists.

Future plans / developments

- **Jungian pathway:** IPCAPA continue to work closely with BJAA to offer the Jungian pathway for child trainees. A comprehensive package has been developed which includes a 'foundation year' for those on the child training who opt for the Jungian stream. Now child trainees on the Jungian pathway attend a day of Jungian training every month. Following the 'foundation year', instead of going to weekly seminars, they will attend sets of workshops run by BJAA to keep up the link with the Jungians.
- **Training for intensive case supervisors:** As IPCAPA trainee numbers have increased, there is a need to increase the number of intensive case supervisors. IPCAPA have successfully obtained a grant from the Winnicott Trust to help cover some of the costs of planning and delivering supervisor training. The course will begin in June 2023 and has an intake of 20.
- **Increasing trainee intake:** IPCAPA aim to fulfill the request from HEE to move to an intake of 25 trainees per year group from 2024 onwards. From September 2023, it will be making changes to the delivery of the training, including having 2 weeks in person teaching and 2 weeks remote teaching per month. It is hoped that this will reduce travel time and costs for trainees, encourage more people based outside of London to apply, and enable IPCAPA to host more students without requiring additional facilities.
- **Diversification of income stream/funding:** IPCAPA is seeking to diversify its income stream, so it is not solely reliant on one funder. There is an intention to develop a fundraising strategy and investigate organisations who may be interested in child psychotherapy and are able to offer grants. IPCAPA is also seeking to develop additional bursaries to support trainees from disadvantaged backgrounds to access the training.
- **Enhancement of recruitment strategy:** IPCAPA seeks to enhance its recruitment strategy through use of videos and social media (e.g. Linked In, Instagram) as ways to promote child psychotherapy and encourage more people from a range of backgrounds to consider it as a career. IPCAPA is keen to work with colleagues at the BPF to promote the profession.

D: PPA Psychoanalytic psychotherapy training

This training is accredited by the [British Psychoanalytic Council](#). Once qualified, members are eligible for registration with the British Psychoanalytic Council which is regulated by the Professional Standards Authority. On completion of the training, members are equipped to work intensively.

Trainee numbers

PPA's training is advertised on bpf's website, as well as being featured on FindAMasters.com, and promoted via a bpf open day. Recruitment numbers over the last four years have been as follows:

Year	Jan 2023 entry	Jan 2022 entry	Jan 2021 entry	Jan 2020 entry
Number of trainees	4	4	6	4

Funding

The majority of trainees are self-funded. In addition to the training fees, costs include the funding of three times a week personal therapy, supervision costs once the trainees start seeing training patients, and an annual bpf membership fee.

Staffing

PPA training is currently staffed with one employed part-time training coordinator, and one employed part-time office manager.

The course is run and overseen by a Training Committee, comprising approximately 13 members, all working voluntarily and drawn from the PPA membership. The course has 3 subcommittees: Selection, Curriculum and Training Therapists/Analysts.

All trainees are allocated a tutor at the start of their training. Tutors are all members of the Training Committee. The tutor supports the trainee for the duration of the training, meeting with them on at least a termly basis, and regularly reviewing their progress and needs. Tutors are remunerated for the regular meetings and ongoing support they provide to the trainees.

The Curriculum subcommittee meets regularly to review and update the four-year programme of theory and clinical seminars, identifying any need to alter or add to the programme. They also recruit seminar leaders for all seminars. Seminars are led by independent psychoanalytic practitioners, who are remunerated per seminar. This includes preparation and delivery of the seminar, and provision of feedback on the trainees. Seminars take place for three terms of ten weeks, and for two Saturdays per term.

It is intended to run all seminars in person from the autumn term 2023, providing online access for those trainees who, usually for reasons of distance and travel, find it too difficult to attend in person.

Trainee experience

Training takes place over the course of at least four years, with theory seminars being delivered as a platform year, and then three further programme years. Clinical seminars continue for trainees for as long as they need to complete all the components of the training.

2022 saw a revision of the curriculum for all four years of training. The curriculum is under regular review to ensure that it covers all key areas, and ensuring it meets the standards for providing training suitable for a modern diverse society.

Trainees need to be engaged in one-to-one psychodynamic therapeutic work with adults during the first pre-clinical year of the training, to gain experience in clinical work, and learn to think psychodynamically, so that they can participate fully in the clinical seminars. Many trainees continue their psychodynamic placements well beyond their first year to extend their experience of clinical work.

Feedback is regularly sought from trainees, both written (in response to intermittent surveys about the experience of specific seminar modules), and verbally at termly in person plenary sessions (with both trainees and Training Committee members in attendance).

Trainee retention

Across all the Year cohorts, one student interrupted their studies due to medical issues, and one dropped out of the training to return to their home country, during 2022-23.

Future plans / developments

Trainee feedback received in the March 2023 plenary is being actioned. This asked for more of a relationship with the training committee and more communication with the office.

E: BJAA Jungian Analyst training

The British Jungian Analytic Association (BJAA) offers a four-year training programme and modified entry scheme (MES) based in London. The training leads to qualification as a Jungian Analyst and to registration with the British Psychoanalytic Council (BPC), together with membership of the BJAA, the British Psychotherapy Foundation and the International Association for Analytical Psychology (IAAP). In addition, the BJAA have recently introduced a new training: Jungian psychotherapy training, which runs alongside the Jungian Analytic Training and leads to qualification as a Jungian Psychotherapist.

Number of new analytic trainees

Sept 2022 entry	Sept 2021 entry	Sept 2020 entry	Sept 2019 entry
5*	0	1	0

**plus 3 Jungian Psychotherapy trainees in 2022*

Total number of trainees

There are currently eight trainees in total across all the cohorts.

Student diversity

There is a current lack of ethnic diversity in the BJAA analytic training cohort. The training is London centric although some of the trainees live elsewhere in the South of England and either travel to seminars or engage with some remote learning aspects of the training.

Funding

The trainees are self-funded.

Staffing

BJAA's training is currently supported with a training coordinator and office manager, as well as several seminar leaders who are independent contractors.

Trainee experience

Teaching is delivered in person with bi-weekly clinical seminars and monthly theory seminars. A psychiatric placement is an essential component to the training and there is now a clinical placements coordinator working for the BPF to develop links with other organisations (NHS and Third Sector) to enhance opportunities for clinical placements.

Trainee retention, progression, and achievement

There have been no cases of trainee drop-out since 2019. Progression to the next year of training has been 100% across all the cohorts, and there has been a qualifying rate of 100%. The majority of trainees who qualify will go on to develop their own private practice but may also develop or further their interests in writing and potentially have their work published in psychotherapy journals.

Future plans / developments

It is hoped that the new Jungian psychotherapy course, which had 3 trainees in 2022, will increase access to psychotherapy training through its less intensive requirement to work with clients once a week, rather than three times a week as required with the Jungian Analyst training.

2.2 MEMBERSHIP SERVICES

Eligibility for bpf membership

There are a number of categories of bpf membership – see fees table below. Essentially, membership is open to all who have become professionally qualified through a *bpf* education/training programme (or a comparable/validated other training) and to individuals who are in the process of currently completing one of *bpf*'s programmes. In addition, a number of new categories of membership have been planned for 2023-24 – see future plans section.

Membership offer/benefits

bpf members have access to the following benefits:

- Members-only CPD events
- Networking opportunities within the bpf
- Discounts on certain training courses
- A profile on bpf's public psychotherapy directory and potential referrals from bpf's Clinical Services department.
- Professional support and safeguarding advice.
- Paid teaching/supervision opportunities.
- A subscription to the British Journal of Psychotherapy, PEP web and other psychotherapy journals.

Membership numbers in 2022-23

Number and % of members retained at the renewal point of 1 April 2022	504 92%
Number and % of members lost at 1 April 2022 renewal point	44 8%
Number of new members joining within 2022-23	40
Total number of members in 2022-23	544

Geographical distribution of 2022-23 membership (including members who are current trainees)

Greater London	368	68%
South- East England	62	12%
East of England	41	8%
South-West England	41	8%
Other Area in the UK	18	3%
International	8	1%
Unknown	6	
Total	538	100%

Membership categories and respective fees for 2022-23

Full member	£ 541
Pre-retirement	£ 300
Retirement	£ 135
Trainee	£ 135
Foundation membership	£ 95
PIP society	£ 250
Couple	£ 250

General bpf Member	£	250
BPA	£	250
IPCAPA	£	250
Full Member + IAAP	£	761
Hardship Trainee	£	75
Maternity	£	75
Honorary	£	-
Honorary non-voting	£	-

Engagement and take-up of membership offer

A membership survey was disseminated in June 2023 which should shed light on which aspects of the membership offers, members particularly value. It will provide a level of satisfaction benchmark that can be improved upon going forwards and will inform how bpf proceeds with redesigning its membership offer, with the aim of improving retention at the 1 April 2024 renewal point.

Future plans / developments

To attract new members, there will be a major focus on creating more accessible training paths which can lead to bpf membership. For example, a new Foundation Course membership is being launched in September 2023, which will increase the number of trainee memberships. bpf also plans to launch a new bpf Psychodynamic course, which will provide an accessible route to qualification and lead to full membership with the bpf.

A bpf general membership has been created for 2023-24 (£250) which is cheaper than the current full membership (£541). The members of this category of membership will not be part of an association within the bpf, as full members are; they will, however, still have access to the majority of the member benefits. The general membership will be open to all BPC registered psychotherapists.

A new website/members area is to be launched in 2023-24, which should improve the user experience and engagement of our members.

There is a need to manage the risk related to bpf's ageing member population. This is being mitigated by developing courses that appeal to a younger audience (for example, the Foundation Course and the planned bpf Psychodynamic training), and which will lead to membership with the bpf at a cheaper cost: £250. bpf is also opening its doors to any BPC registered psychotherapist that wishes to join as a general member, removing some of the barriers to entry that previously existed.

2.3 CLINICAL SERVICES

About the service

Clinical Services at the bpf provides information and assessment for those members of the public enquiring about psychotherapy. Where appropriate, referrals are made to bpf members and trainees, as well as signposting of potential patients to other services.

Clinical service activity in 2022-23

	TOTAL NUMBER 2022-23	AVERAGE PER MONTH
Enquiries	557	46
Assessments	59	5
Referrals to bpf members	48	4
Referrals to trainees	15	1

Fees policy

Low fee service: Subject to availability, this service offers an opportunity for the public to access intensive psychotherapy at a low fee. The treatment is provided by experienced trainees who are undertaking an advanced training in psychotherapy. The service takes into account the patient's particular financial circumstances with the **fee ranging from £10 to £25 per session**. The service is crucial for both the BJAA, PPA and Exeter trainings as it helps to support and provide training patients to trainees.

Mid fee service: Subject to availability, this service is three times weekly and is offered by qualified members of the bpf. It provides mid fee Intensive Psychoanalytic Psychotherapy or Jungian Analysis. The fee charged ranges from £25 to £45 per session and is subject to the patient's financial circumstances.

Support is Key: This initiative was developed in April 2020 to provide free psychotherapy for key workers in the pandemic. Nearly a 100 bpf therapists offered to donate up to 6 free online sessions to Key Workers - intensive care nurses, doctors, teachers, social workers, and those who work with the homeless.

Staffing

The Clinical Services team consists of the Clinical Services Director, Clinical Services Administrator, a team of circa fifty Assessors, and the low fee service organisers.

Assessment Skills Training:

Clinical Services have coordinated and facilitated an annual Assessment Skills Training for bpf members who are interested in this area of work and who may be interested in joining the team of assessors that support the work of Clinical Services. Clinical Services have arranged regular Assessors' meetings usually on a termly basis where there is an opportunity to present an assessment consultation and discuss changing clinical thinking as well as develop a greater network of colleagues. Clinical Services have recently developed links with the trauma unit at the Tavistock Hospital and members of that team kindly presented some of their clinical work in 2022-23.

Ethics and Professional Standards Committee

The Ethics and Professional Standards Committee at the bpf has enhanced the work of Clinical Services, giving invaluable support, guidance, and a time to consider pre-complaint, ethical and professional standard issues.

Future plans

We are looking at ways we can further develop the Services we offer to the public, particularly expanding both our low and mid-fee intensive psychotherapy schemes (3xweekly) and offering low fee once weekly psychotherapy.

2.4 CORPORATE SERVICES

A: GOVERNANCE

Governance code for small charities

Good governance is fundamental to the bpf's success. It enables and supports its compliance with the law and relevant regulations, and it also promotes a culture in which all the organisation's activity and people are working towards fulfilling the bpf's vision. During 2022-23, the governance arrangements of the bpf have been strengthened to bring the Charity into line with the [governance code](#) for small charities.

The first steps in strengthening the bpf's governance arrangements took place on June 2022 with the proposal from the Chief Executive to re-organise the leadership and management restructuring of aspects of the administrative function of the organisation. Subsequently on the 25 October 2022 the Board of Trustees approved the proposal from the Director of Corporate Services to strengthen the governance arrangements with the creation of Senior Management Team, Audit & Risk Committee, and the strengthening of the Board. The proposals included the implementation of measures to fulfil legal and regulatory obligations more effectively, the introduction of a Scheme of Delegation in relation to approval of expenditure, and first steps in the development of a longer-term strategic plan,

Ongoing implementation and review of the new governance arrangements has continued throughout 2022-23. Key policy gaps have been addressed and existing policies reviewed and updated. Mandatory online training has been rolled out to staff on key topics such as health and safety and data protection.

Board of Trustees

Trustees are appointed in line with bpf's Articles of Association. The Trustees are also Directors of the organisation in line with the Companies Act 2006 and are registered at Companies House as Directors. They are jointly and severally responsible for the overall control and strategic direction of the bpf. As of March 2023, there were five members of the Board. A further three new (lay) members are in the process of being recruited.

Work has taken place throughout 2022-23 to strengthen the effectiveness of bpf's Board of Trustees. This has included:

- Reviewing and updating the Board of Trustees' Terms of Reference
- Provision of training to trustees about their trustee duties and responsibilities, and the governance code for small charities
- Facilitating confidential access to Board papers via bpf's SharePoint site
- Implementation of an annual programme for the Board
- Design of new induction pack to Board members to support them to discharge their duties fully.

Audit and Risk Committee

In October 2022, the Board of Trustees approved the establishment of an Audit & Risk Committee [ARC] to support the Board in discharging its statutory duties. Recruitment has been undertaken in 2022-23 to recruit non-executive lay people with specialists' skills and knowledge to be members of the Committee. Three candidates have been successfully recruited, with a further three members currently being sought. The chair of ARC will be a Trustee who will provide regular updates and assurance to the Board on the delivery of the agreed program of ARC, which will focus on financial management & budgetary control, internal and external audit, and risk management. Its inaugural meeting is taking place in June 2023.

Transparency

Work has been taking place in 2022-23 on the development of a new bpf website which will be launched in September 2023. It will include a corporate governance page which will ensure that the key corporate documents, policies, and information are published and easily accessible.

B: MAINTENANCE OF PREMISES, HEALTH & SAFETY AND CAPACITY

Maintenance

During 2022-23, there have been several improvements and repairs carried out to bpf's building at Mapesbury road. Going forward, there are fundraising plans to upgrade the library and relocate it downstairs.

Health and Safety

Worknest were appointed in July 2022 to act as the organisation prescribed person in relation to Health and Safety in the workplace. A health and safety audit took place with key recommendations from the audit implemented. Online health and safety training has been provided to staff, together with in person training re the fire procedures, and first aid training.

Capacity of premises and fitness for purpose

Following on from the easing of COVID-19 restrictions, there has been a gradual increase over 2022-23 in the number of staff and trainees returning to Mapesbury Road. There are some capacity restrictions in accommodating staff and trainees at particular times. This is partly due to the growth in staff numbers over the last year. Up to now, the capacity restrictions have been managed by freeing up space in some rooms, as well as the ability of staff to be able to work from home due to IT enhancements, including use of the Cloud and provision of laptops. Consideration will need to be given to capacity going forward, dependant on the take up of bpf's training offer, the new areas of training being delivered, and the actual days training is being delivered.

C: IT AND DATA HANDLING

The Wi-Fi to Mapesbury Road has been improved and guest Wi-Fi set up for visitors. The telephone system has changed over to Microsoft Teams so that calls can be answered remotely. Presentation screens and associated equipment have also been upgraded to facilitate hybrid training sessions.

The IT provision is managed by an outsourced IT provision, Qlic-It Limited. The organisation uses two factor authentication for staff and Board members to access our IT.

Due to the size of the organisation, we do not have a data controller. Plans are being put in place to procure these services to review our records management. A policy register had been developed with a number of key policies written and many more underway at the time of reporting.

D: STAFFING AND HR DEVELOPMENTS

Staffing

To strengthen bpf's ability to deliver on its mission, new strategy and business plan, there has been a recruitment drive in 2022-23 to ensure that key and required resource is in place, across corporate, membership, clinical and training services. Accordingly, between December 2022 and May 2023, seventeen new staff members have been recruited, on mainly part-time contracts, which includes the replacement of three leavers who left in 2022-23. The current position is that bpf has an employee headcount of 24 and an FTE equivalent of 16 staff.

HR developments

The Employee Handbook has been reviewed in 2022-23 and signed off by bpf's legal adviser as being compliant with current employment law legislation.

HR records are currently held electronically on SharePoint. The bpf is exploring the possibility of migrating these to YouManage or MoorePay to adopt a slicker system of record keeping and retention in line with GDPR.

All staff, consultants and trustees have been (or are in the process of being) DBS checked. This is a pre-employment requirement.

From December 2022, all existing staff were issued with new contracts of employment to ensure that the bpf is fully compliant with all new employment legislation.

Going forward into 2023-24, as the urgency of the recruitment drive slows down, the process for recruitment of staff will be improved through the utilisation of more advance planning so that everybody involved in recruiting for a particular role can be effectively consulted and involved, and the different stages of the recruitment process can be completed in a timely and efficient manner.

E: EQUALITY, INCLUSION AND DIVERSITY

At the end of 2022-23, in March, the bpf started working with the National Centre for Diversity (NCD) to advance and embed the principles of Fairness, Respect, Equality, Diversity, Inclusion, Engagement (FREDIE) within the organisation. A draft action plan was produced in April 2023 which will be shared with bpf staff once it has been finalised.

3. REVIEW OF FINANCIAL PERFORMANCE

Total incoming resources were reported for 2022/23 at £1,373,917 (2021/22: £1,240,590). The increase in incoming resources has been buoyed by the continued growth of the qualifying training, namely IPCAPA. Elsewhere, the new Foundation course launched in January 2023 that forms part of the Pre-training pathway has proved very successful. The Foundation course provides a pathway into the qualifying training for those considering a career in psychotherapy. MSc course that forms part of Pre-training reported income less than the prior year due to high attrition rate. Income from membership fees has decreased from the prior year. This follows trend that has seen the income from membership half since 2015. Income from charitable activities was £1,201,517 (2021/22 £1,073,607), due to increase trainee numbers for IPCAPA together with the introduction of the Jungian once weekly training and the Foundation course.

Total expenditure reported at £1,737,099 (2021/22: £1,247,385) exceeded income resulting in a net operational loss of (£363,182) (2021/22: net operational loss £6,795). This was because of the Board of Trustees approving series of plans to increase the staffing to build capacity and income growth. There was also significant investment in digital with a new website, new finance systems to strengthen the control environment and the purchase of IT to support hybrid training. Elsewhere investment in essential repairs to the building to with Health and Safety legislation.

Expenditure from Charitable activities reported at £1,737,099 (2021/22: £1,138,477) resulting in an unrestricted loss of £361,162 (2021/22: £6,795).

Restricted expenditure

Net restricted expenditure £2,020 (2021/22: net expenditure £2,408) included a grant from Health Education England of £69,500 and donations of £48,703 legacy donation to be spent in 2022/23.

Investments

Income from investments were down on prior year reported at £54,117 (2021/22 £59,680). The board of Trustees on advice from Sarasin PLC took the decision to dispose of the medium-term portfolio due to the global economic crisis and the poor performance of the medium-term portfolio generally. The Board reinvested the proceeds from the sale into the long-term portfolio. Unrealised losses on investments were reported at £132,850. (2021/22 gain £41,157). During the year the sale of COIF units took place in the sum of £400,000 to fund the investment strategy for growth.

Net expenditure reported at £496,032 (2021/21 – Net income £34,362).

Total reserves were reported at £3,669,901 on 31 March 2023, of which £273,368 is held as restricted funds (2021/22: £275,388) and £1,753,333 as designated (2020/21): £1,780,000). Designated funds consist of a legal fund of £20,000 and a property fund of £1,733,333 which is equal to the book value of the freehold property after depreciation. Unrestricted funds amounted to £1,643,200 on 31 March 2023 (2021/22: £2,110,545).

Investment policy and returns.

Under the memorandum and articles of association, the charity has the power to invest its funds at the discretion of the directors. The trustees considered the return on investments to be in keeping with present market conditions.

The trustees have exercised care and skill when making investment decisions and to the best of their abilities selected investments that were right for the charity taking account of:

- how suitable any investment is for the charity;
- the need to diversify investments.

The trustees have addressed the ethical aspects of the charity's investments to ensure they are not in conflict with the aims of the charity. The trustees monitor and review the performance of the external investment manager.

Reserves

The board has reviewed the major risks that the charity faces, as a result the *bpf* is now committed to maintaining free reserves equal to 3-6 months operating costs, approximately £483,000 to £967,000 and to retaining an additional sum of £20,000 as a legal fee reserve to ensure adequate cover for any possible future legal costs. Key financial control systems are reviewed annually. At 31 March 2023 free reserves were above target.

A number of adult psychotherapy trainings from the 3 merged organisations remain active. The board is committed to ensuring that these trainings continue until the trainees concerned have qualified which will entail using a level of its reserves.

4. PRINCIPAL RISKS AND UNCERTAINTIES

The Trustees of bpf have ultimate responsibility for ensuring risk is managed satisfactorily within the organisation. In 2022-23, bpf's risk management policy and processes were reviewed and updated, and a new central risk register was drafted.

Further work has been taking place within the first half of 2023 to train staff on risk management and embed the new risk management processes. A risk update is provided monthly to the Senior Management team, and quarterly to Audit & Risk Committee. As well as an update on the key central/strategic risks, any operational or programme level risk with a residual score of high or more is escalated to SMT to consider in terms of adequacy of the mitigating controls, actions, and oversight.

The principal risks that bpf must continuously address are those that affect the long-term ability:

- to maintain and develop bpf's training activities, membership, and clinical services,
- to attract the best staff and students,
- to maintain and enhance its physical facilities and IT infrastructure.

There are always uncertainties regarding the future external environment within which bpf operates, most notably government policy and funding for education and training.

bpf's principal risks were heightened in 2022-23 by the cost-of-living crisis, following on from the impact of COVID-19 in 2020, and the Russian invasion of Ukraine.

The table below show the principal risks being managed by bpf at the end of 2022-23 and provides a summary of the mitigating action and controls in place to manage them.

Principal risks	Summary of key mitigating controls and actions
Financial position: Insufficient income and reserves to achieve strategic objectives and maintain operations	• Deficit reduction plan developed which focuses on income growth, primarily through increase in trainee numbers • Internal auditors to be appointed and internal audit planned for key business areas
Delivery of Business plan: Failure to deliver objectives in one year business plan and three-year strategic plan	• Planning, performance, and risk management framework developed and processes in place for regular reporting to SMT and ARC • Key growth initiatives being fully scoped and project plans drafted • External audit to be carried out
Governance: Non-compliance with regulatory requirements or failure bpf governance	• Succession planning for key roles • Trustee training • Regularly reviewed policy register • Development disaster recovery plan
IT and data security: IT infrastructure not fit for purpose, cyber security, and data breach risks	• Staff training in cyber security, data protection, remote working • Full set of implemented IT policies • Oversight of third-party IT providers • Penetration testing to be carried out
Building: Mapesbury road not fit for purpose, non-compliance with regulatory requirements	• Implementation of action plan to address issues in 2022 inspection report • Development lone working policy and review of door entry access • Health and Safety policy and training for all staff • Ongoing review of capacity issues and potential solutions
Staffing: Failure of leadership, inability to recruit, retain and develop staff effectively,	• Recruitment of key growth roles and more diverse trustees • Succession planning

organisational culture hinders pursuit of strategic objectives	• Core training for all staff on key topics • 360 appraisal of SMT
Safeguarding: Failure to safeguard children and vulnerable adults	• Implementation safeguarding, data protection, whistleblowing, bullying and harassment policies • Staff training • Harmonisation of bpf safeguarding policy with Psychotherapists' Professional Code of Ethics
Reputation: Occurrence of incidents or events that damage bpf's reputation	• Regular monitoring and reporting to SMT on bpf risks • Trustee training • Communication and crisis management strategies to be developed • Whistleblowing policy • Codes of conduct for staff, trainees, and members • Environmental and social responsibility policy to be developed

5. PLANS FOR FUTURE

bpf has a three-year strategy in place for the period 2023-26; this strategy is being delivered via a succession of one year business plans. bpf's key strategic objectives are:

Strategic objective	How
1. Providing an ambitious offer for bpf Members	• Increased professional standards support • Greater CPD offer – online and in person • Regional networking events • Discounts from partners – e.g. indemnity insurance
2. Continuously developing and improving bpf's training offer	• Creation of life-long learning and progression model • Launch of new Foundation course • Continued growth of MSc via in person and online cohorts • Development of less intensive once a week Trainings, in addition to traditional three times a week trainings • Offer of new post-qualification specialist courses – e.g. couples and parent-infant
3. Increasing access to clinical services	• Improving processes in place to match public enquiries and assessments with therapists • Exploration of potential for strategic partnerships with charities and statutory service providers, matched funding opportunities
4. Running and highly efficient and effective organisation	• Ensuring robust governance arrangements are in place, including creation of a new Audit and Risk Committee, diversification of Board, delivery of trustee training and annual programme of work • Strengthening of internal controls with creation of holistic set of new policies and procedures, including financial management, budgetary control, and risk management • Commitment to equality, diversity, and inclusion via adoption of Fairness, Respect, Equality, Diversity, Inclusion, Engagement, (FREDIE).

6. TRUSTEES RESPONSIBILITIES

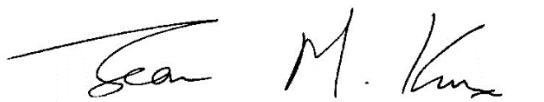
In preparing the financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).
- make judgements and estimates that are reasonable and prudent.
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the charitable company's auditor is unaware; and as directors of the charitable company we have taken all the steps that we ought to have taken, in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This report was approved by the board of directors on 25 September 2023 and signed on its behalf.



.....
Jean Knox, Chair of Board of Directors

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION**

Opinion

We have audited the financial statements of The British Psychotherapy Foundation (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows, and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- The charitable company is required to comply with both company law and charity law and based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures, and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.

Knox Cropper LLP

3 October 2023

Simon Goodridge
Senior Statutory Auditor
for and on behalf of Knox Cropper LLP Statutory Auditor
65 Leadenhall Street London EC3A 2AD

BRITISH PSYCHOTHERAPY FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted £	Designated £	Restricted £	Total 2023 £	Total 2022 £
Income and Endowments:						
Donations and Legacies	2	80	-	118,203	118,283	107,303
Investment Income	3	54,117	-	-	54,117	59,680
Charitable Activities						
Membership		209,905	-	-	209,905	215,125
Training Fees	4	721,861	-	-	721,861	571,001
MSc Course & Pre-training Fees		213,586	-	-	213,586	234,561
Short Courses		18,756	-	-	18,756	25,581
Events		3,666	-	-	3,666	1,280
Publication Income		26,829	-	-	26,829	11,753
Clinic Access and Services		6,914	-	-	6,914	13,395
Other		-	-	-	-	911
Total Income		1,255,714	-	118,203	1,373,917	1,240,590
Expenditure:						
Charitable Activities						
Membership	5	210,028	-	-	210,028	125,660
Education						
Training Courses		1,030,343	-	120,223	1,150,566	776,777
MSc Course & Pre-training		270,278	-	-	270,278	228,205
Short Courses		17,357	-	-	17,357	27,208
Events		5,409	-	-	5,409	3,791
Clinical Access & Services		46,927	-	-	46,927	51,072
Publications		36,534	-	-	36,534	34,572
Total Expenditure		1,616,876	-	120,223	1,737,099	1,247,385
Net Income/Expenditure before gains/(losses)		(361,162)	-	(2,020)	(363,182)	(6,795)
Net Gains/ (Losses) on Investments		(132,850)	-	-	(132,850)	41,157
Net Income/(Expenditure)		(494,012)	-	(2,020)	(496,032)	34,362
Transfers between Funds		26,667	(26,667)	-	-	-
Net Movement in Funds		(467,345)	(26,667)	(2,020)	(496,032)	34,362
Total Funds Brought Forward		2,110,545	1,780,000	275,388	4,165,933	£4,131,571
Total Funds Carried Forward		£1,643,200	£1,753,333	£273,368	£3,669,901	£4,165,933

All income and expenditure derive from continuing activities.

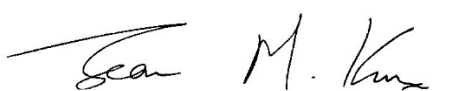
The notes on pages 31 to 38 form part of these financial statements

BRITISH PSYCHOTHERAPY FOUNDATION

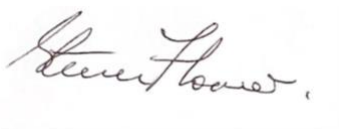
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2023

	Note	2023		2022	
		£	£	£	£
FIXED ASSETS					
Intangible Assets	8		-		-
Tangible Fixed Assets	9		1,829,461		1,787,125
Investments	10		1,443,781		1,976,725
			<u>3,273,242</u>		<u>3,763,850</u>
CURRENT ASSETS					
Debtors	11	490,363		153,334	
Cash At Bank and In Hand		<u>351,732</u>		<u>516,204</u>	
		842,095		669,428	
CREDITORS:					
Amounts falling due within one year	12	<u>(445,436)</u>		<u>(267,345)</u>	
NET CURRENT ASSETS			396,659		402,083
TOTAL NET ASSETS			<u>£3,669,901</u>		<u>£4,165,933</u>
FUNDS	13				
Restricted			273,368		275,388
Designated			1,753,333		1,780,000
Unrestricted			1,643,200		2,110,545
TOTAL FUNDS			<u>£3,669,901</u>		<u>£4,165,933</u>

These financial statements were approved by the Board of Trustees on 25th September 2023 and were signed on its behalf by:



.....
Jean Knox
Director



.....
Steven Flower
Director

Registered Company No: 08238969
Registered Charity No: 1150806

The notes on pages 31 to 38 form part of these financial statements

BRITISH PSYCHOTHERAPY FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
CASH FLOWS FROM OPERATING ACTIVITIES:			
Net Cash provided by (used in) Operating Activities	17	<u>(459,431)</u>	<u>112,951</u>
CASH FLOWS FROM INVESTING ACTIVITIES:			
Investment Additions		(498,180)	-
Investment Disposal Proceeds		898,273	200,000
Purchase of Property, Plant and Equipment		<u>(105,134)</u>	<u>(38,416)</u>
Net Cash by (used in) Investing Activities		<u>294,959</u>	<u>161,584</u>
 Change in Cash and Cash Equivalents in the Reporting Period		 (164,472)	 274,535
Cash and Cash Equivalents at the Beginning of the Reporting Period		<u>516,204</u>	<u>241,669</u>
 CASH AND CASH EQUIVALENTS AT THE END OF THE REPORTING PERIOD		 <u><u>£351,732</u></u>	 <u><u>£516,204</u></u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting Policies

1.1 Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102 second edition – effective 1 January 2019)), applicable UK accounting standards and the Companies Act 2006.

1.2 Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of one year from the date of approval of these financial statements.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

1.3 Incoming resources

Voluntary Income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or if donors' conditions have not been fulfilled, then income is deferred. Investment income is recognised on a receivable basis.

1.4 Resources expended

Resources expended are recognised when a liability is incurred, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.5 Pension Costs

The company contributes to a stakeholder pension scheme. These costs are accounted for by charging the premiums paid in the period during which the company benefits from the employees' services.

1.6 Intangible Fixed Assets

Intangible fixed assets are publication rights for the British Journal of Psychotherapy. These intangible assets will be amortised over their estimated economic life of 4 years on a straight-line basis.

1.7 Tangible Fixed Assets

Individual fixed assets costing more than £1,000 are capitalised at cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the carrying value over their expected useful economic life as follows:

Freehold buildings	2% straight line basis	Library, books, films &	15% reducing balance
Furniture & Fittings	20% straight line basis	equipment	basis
Office Equipment	33% straight line basis	Database and IT equipment	33% straight line basis

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting Policies (continued)

1.8 Investments

Investments including funds under management are stated at market value at the balance sheet date. These investments are readily convertible to cash. The Statement of Financial Activities includes the net gains and losses arising on revaluations.

2. GRANTS AND DONATIONS

	2023	2022
	£	£
Grants	69,500	83,000
Donations	48,703	23,500
Members and Other Donations	80	803
	<u>£118,283</u>	<u>£107,303</u>

3. INVESTMENT INCOME

Bank Interest	-	-
Dividends	54,117	59,680
	<u>£54,117</u>	<u>£59,680</u>

4. TRAINING FEES

IPCAPA Training	628,822	496,404
PPA Training	88,884	64,254
BJAA Training	11,040	10,343
Application for Training Therapists	-	-
Less Bad debt provision	(6,885)	-
	<u>£721,861</u>	<u>£571,001</u>

5. CHARITABLE ACTIVITIES

	2023				2022			
	Direct	Staff costs	Support	Total	Direct	Staff costs	Support	Total
	£	£	£	£	£	£	£	£
Membership	71,769	33,018	105,241	210,028	32,259	18,363	75,038	125,660
Education								
Training								
Courses	511,570	280,292	358,704	1,150,566	486,706	133,554	156,517	776,777
MSc & pre-								
trainings	94,431	68,760	107,087	270,278	91,925	12,424	123,956	228,305
Short								
Courses	5,621	2,332	9,404	17,357	10,576	7,709	8,923	27,208
Events	3,571	-	1,838	5,409	3,344	-	447	3,791
	<u>686,962</u>	<u>384,402</u>	<u>582,274</u>	<u>1,653,638</u>	<u>624,810</u>	<u>172,050</u>	<u>364,881</u>	<u>1,161,741</u>
Clinical								
Access &								
Services	4,430	39,032	3,466	46,927	1,182	45,217	4,673	51,072
Publications	23,082	-	13,452	36,534	30,330	-	4,242	34,572
	<u>£714,474</u>	<u>£423,433</u>	<u>£599,192</u>	<u>£1,737,099</u>	<u>£656,322</u>	<u>£217,267</u>	<u>£373,796</u>	<u>£1,247,385</u>

Staff costs are split between direct and support costs which are then allocated to charitable activities.

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

6. SUPPORT COSTS

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2023 £	Total 2022 £
Staff	60,766	178,431	53,268	4,678	914	298,057	113,196
Other Staff	10,148	29,796	8,896	781	153	49,774	115,483
Premises	36,777	107,990	32,239	2,831	553	180,390	64,136
Communications	2,916	8,562	2,556	224	44	14,302	-
Office	7,223	23,436	6,997	614	879	39,149	58,750
Governance	3,572	10,487	3,131	275	54	17,519	22,229
	<u>£121,402</u>	<u>358,703</u>	<u>£107,087</u>	<u>£9,403</u>	<u>£2,597</u>	<u>£599,192</u>	<u>£373,794</u>
Prior year							
	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2022 £	
Staff	25,249	60,445	24,684	2,684	134	113,196	
Other Staff	26,334	60,469	25,740	2,799	141	115,483	
Premises	14,306	34,251	13,983	1,520	76	64,136	
Office	13,104	31,374	12,809	1,393	70	58,750	
Governance	4,959	11,871	4,846	527	26	22,229	
	<u>£83,952</u>	<u>£198,410</u>	<u>£82,062</u>	<u>£8,923</u>	<u>£447</u>	<u>£373,794</u>	

7. STAFF COSTS AND KEY MANAGEMENT PERSONNEL

No remuneration was paid to directors during the year. Expenses reimbursed to them in the year in their capacity as directors amounted to £Nil (2021/22: Nil). A number of the Directors received fees in respect of professional services rendered as psychotherapists during the year amounting to £2,960 (2021/22: £16,364).

The staff costs of remaining staff were:

	2023 £	2022 £
Wages and Salaries	625,960	312,779
Social Security Costs	66,227	26,706
Pension Costs	16,684	8,197
	<u>£708,871</u>	<u>£347,682</u>
	Nos.	Nos.
Full Time Staff Equivalent	24	9

Key management personnel for all or part of the year consisted of three individuals (2021/22: two). Total remuneration of key management personnel during the year amounted to £169,198 (2021/22: £129,172).

Staff receiving remuneration greater than £60,000 in the year were as follows:

	2023 Nos.	2022 Nos.
Between £60,000 and £70,000	2	1

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

8. INTANGIBLE ASSET

Publication Rights: British Journal of Psychotherapy	2023	2022
	£	£
Cost at 1st April 2022 and 31st March 2023	<u>10,000</u>	<u>10,000</u>
Accumulated amortization		
Brought forward as at 1 st April 2022	10,000	7,500
Charge for the year	<u>-</u>	<u>2,500</u>
Carried forward as at 31 st March 2023	<u>10,000</u>	<u>10,000</u>
Net Book Value		
At 31 st March 2023	<u>-</u>	<u>-</u>

9. TANGIBLE FIXED ASSETS

	Freehold Property	Office Equipment Furniture & Fittings	Library Books & Film Equipment	Total 2023	Total 2022
	£	£	£	£	£
Cost:					
At 1 st April	2,000,000	159,156	56,029	2,215,185	2,176,769
Additions	-	105,134	-	105,134	38,416
Disposals	-	-	-	-	-
At 31st March	<u>2,000,000</u>	<u>264,290</u>	<u>56,029</u>	<u>2,320,319</u>	<u>2,215,185</u>
Accumulated Depreciation					
At 1 st April	240,000	140,047	48,013	428,060	376,315
Charge for the period	26,667	33,832	2,298	62,797	51,745
Disposals					
At 31st March	<u>266,667</u>	<u>174,057</u>	<u>50,312</u>	<u>490,857</u>	<u>428,060</u>
Net Book Values					
At 31st March 2022	<u>£1,733,333</u>	<u>£90,233</u>	<u>£5,895</u>	<u>£1,829,462</u>	<u>£1,800,454</u>
At 31st March 2021	<u>£1,760,000</u>	<u>£19,110</u>	<u>£8,195</u>	<u>£1,787,125</u>	<u>£1,800,454</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

10. INVESTMENTS

	2023	2022
	£	£
Quoted Investments		
Balance Brought Forward	1,976,725	2,135,568
Additions	498,181	-
Disposal Proceeds	(898,274)	(200,000)
Unrealised Gains/(Losses)	(132,850)	41,157
Market Value at 31 st March	<u>1,443,781</u>	<u>1,976,725</u>
 Held at Year End:		
Sarasin Alpha CIF	1,220,561	1,335,632
CAF Balanced Growth Fund	67,857	67,609
COIF Charity Investment Fund – Accumulation Shares	154,082	572,204
Triodos Bank	1,281	1,281
	<u>£1,443,781</u>	<u>£1,976,725</u>

11. DEBTORS

	2023	2022
	£	£
Debtors	315,678	71,375
Trainee Loans	6,581	8,190
Other debtors	-	57,097
Payments in advance	168,104	16,672
	<u>£490,363</u>	<u>£153,304</u>

12. CREDITORS

	2023	2022
	£	£
Amounts Falling Due Within One Year		
Trade Creditors	27,439	33,004
Deferred Income	291,927	63,119
Accruals	101,332	159,863
PAYE and Staff Related	24,233	8,733
Jungian Archives	505	2,626
	<u>£445,436</u>	<u>£267,345</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

13. FUNDS

	Balance B/F	Incoming Resources	Expend- iture	Investment Gains/ Losses	Transfers	Balance C/F
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	14,545	-	-	-	(5,390)	9,155
Child Training	124,859	48,703	(84,033)	-	13,690	103,229
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	(8,300)	17,316
Eileen Curtiz	1,700	-	-	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
HEE – Equality, Diversity & Inclusion Fund	24,000	69,500	(36,200)	-	-	57,300
	£275,388	£118,203	(£120,223)	£-	£-	£273,368
Designated Funds						
Property Fund	1,780,000	-	-	-	(26,667)	1,753,333
Legal Fees Fund	20,000	-	-	-	-	20,000
	£1,800,000	£-	£-	£-	(£26,667)	£1,773,333
Unrestricted Funds						
General Reserves	2,110,545	1,255,714	(1,616,876)	(132,850)	26,667	£1,643,200
Total Reserves	£4,165,933	£1,373,917	(£1,737,099)	(£132,850)	£-	£3,669,901
Prior year						
Restricted Funds						
Trainee Loan Fund	24,370	-	(9,825)	-	-	14,545
Child Training	141,442	23,500	(40,083)	-	-	124,859
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	1,700	-	-	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
HEE – Equality, Diversity & Inclusion Fund	-	83,000	(59,000)	-	-	24,000
	£277,796	£106,500	£(108,908)	£-	£-	£275,388
Designated Funds						
Property Fund	1,786,667	-	-	-	(26,667)	1,760,000
Legal Fees Fund	20,000	-	-	-	-	20,000
	£1,806,667	£-	£-	£-	£(26,667)	£1,806,667
Unrestricted Funds						
General Reserves	2,047,108	1,134,090	(1,138,477)	41,157	26,667	2,110,545
Total Reserves	£4,131,571	£1,240,590	£(1,247,385)	£41,157	£-	£4,165,933

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	273,368	273,368
Designated Funds	1,733,333	-	20,000	1,753,333
Unrestricted Funds	96,128	1,443,781	103,291	1,643,200
	<u>£1,829,461</u>	<u>£1,443,781</u>	<u>£396,659</u>	<u>£3,669,901</u>
Prior year				
	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	275,388	275,388
Designated Funds	1,760,000	-	20,000	1,780,000
Unrestricted Funds	27,125	1,976,725	106,695	2,110,545
	<u>£1,787,125</u>	<u>£1,976,725</u>	<u>£402,083</u>	<u>£4,165,933</u>

15. MEMBERS LIABILITY

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up is £5.

16. TAXATION

The company is a registered charity, and no provision is considered necessary for taxation.

17. NOTES TO THE CASH FLOW STATEMENT

	2023 £	2022 £
Reconciliation of net movement in funds to net cash flow from operating activities		
Net movement in funds for the reporting period (as per the statement of financial activities)	(496,032)	34,362
Adjustments for:		
(Gain)/Loss on Investments	132,850	(41,157)
Depreciation charges	62,798	51,745
Amortisation charges	-	2,500
(Increase)/decrease in debtors	(329,175)	173,334
Increase/(decrease) in creditors	170,128	(107,833)
Net cash provided by (used in) operating activities	<u>(459,431)</u>	<u>£112,951</u>
Analysis of cash and cash equivalents		
Cash at bank	£351,732	516,204
Total cash and cash equivalent	<u>£351,732</u>	<u>£516,204</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

18. RELATED PARTY TRANSACTIONS

There were no related party transactions in the year.

19. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted £	Designated £	Restricted £	Total 2022 £
Income and Endowments:				
Donations and Legacies	803	-	106,500	107,303
Investment Income	59,680	-	-	59,680
Charitable Activities				
Membership	215,125	-	-	215,125
Training Fees	571,001	-	-	571,001
MSc Course & Pre-training Fees	234,561	-	-	234,561
Short Courses	25,581	-	-	25,581
Events	1,280	-	-	1,280
Publication Income	11,753	-	-	11,753
Clinic Access and Services	13,395	-	-	13,395
Other	911	-	-	911
Total Income	1,134,090	-	106,500	1,240,590
Expenditure:				
Charitable Activities				
Membership	125,660	-	-	125,660
Education				
Training Courses	667,869	-	108,908	776,777
MSc Course & pre-trainings	228,305	-	-	228,305
Short Courses	27,208	-	-	27,208
Events	3,791	-	-	3,791
Publications	51,072	-	-	51,072
Clinical Access & Services	34,572	-	-	34,572
Total Expenditure	1,138,477	-	108,908	1,247,385
Net Income/Expenditure before gains/(losses)	(4,387)	-	(2,408)	(6,795)
Net Gains/(Losses) on Investments	41,157	-	-	41,157
	36,770	-	(2,408)	34,362
Net Income/(Expenditure)	(4,387)	-	(2,408)	(6,795)
Transfers between Funds	26,667	(26,667)		
Net Movement in Funds	63,437	(26,667)	(2,408)	34,362
Total Funds Brought Forward	2,047,108	1,806,667	277,796	4,131,571
Total Funds Carried Forward	£2,110,545	£1,780,000	£275,388	£4,165,933

Accounts

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND
FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

COMPANY NO: 08238969

CHARITY NO: 1150806

BRITISH PSYCHOTHERAPY FOUNDATION
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

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BRITISH PSYCHOTHERAPY FOUNDATION

REFERENCE AND ADMINISTRATIVE INFORMATION

The Company was formed on 3 October 2012 and commenced operations on 1 April 2013, on which date the activities and assets of the British Association of Psychotherapists, the Lincoln Clinic and Centre for Psychotherapy and the London Centre for Psychotherapy were merged through transfer to this newly formed company

Directors

The board members who served as directors since 1 April 2021 were as follows:

David Vincent	Resigned December 2021
Mary Pat Campbell (Chair)	Appointed January 2021
Annie Peskin	Resigned December 2021
Joanna de Waal	Resigned February 2022
Ruth Calland	Resigned March 2022
Liza Catan	Appointed November 2020
Jean Knox	Appointed November 2020
Ferelyth Watt	Appointed May 2017
Eleanor Mongey	Appointed November 2019
Susannah Rose	Appointed November 2020
Sarah Spitzfaden	Appointed November 2020

Chief Executive Officer	Jan Barlow - Resigned 8 June 2022 Dr Frances Gillies - Appointed 1 July 2022
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Principal & Registered Office	37 Mapesbury Road London NW2 4HJ
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Charity Registration No.	1150806 (England & Wales)
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Company No.	08238969
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BRITISH PSYCHOTHERAPY FOUNDATION

REFERENCE AND ADMINISTRATIVE INFORMATION (CONTINUED)

Bankers

The Co-operative Bank
P.O.Box 250
Skelmersdale
Lancs
WN8 6WT

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Investment Managers

Sarasin & Partners LLP
Juxon House
100 St. Paul's Churchyard
London
EC4M 8BU

CCLA
Senator House
85 Queen Victoria
London
EC4V 4ET

Triodos Bank
Deanery Road
Bristol BS1 5AS

BRITISH PSYCHOTHERAPY FOUNDATION

REFERENCE AND ADMINISTRATIVE INFORMATION (CONTINUED)

Independent Auditor

Knox Cropper LLP
Chartered Accountants
65 Leadenhall Street
London
EC3A 2AD

Solicitors

Russell-Cooke
2 Putney Hill
Putney
London
SW15 6AB

Bates Wells
10 Queen Street Place
London
EC4R 1BE

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

CHAIR'S STATEMENT

Welcome to the Annual Report for 2021-22.

There are three associations within **bpf** covering a range of modalities with specific training and career paths: Independent Psychoanalytic Child & Adolescent Psychotherapy Association; British Jungian Analytic Association; and Psychoanalytic Psychotherapy Association. The British Psychotherapy Foundation (**bpf**) was incorporated in October 2013 following the merger of the three associations.

2021-22

At the time of writing, we continue to emerge from a global pandemic. During the early stages of the Pandemic, we invested in digital across the business activities to enable hybrid working. Staff demonstrated remarkable resilience and embraced new ways of working, many working from home over the course of the last year.

Despite the challenges the organisation faced during the pandemic I am delighted to report on the key highlights of the associations over the last year:

Clinical Services

Clinical Services at the **bpf** has gained a wider profile since the development of the Support is Key Project and provides, assessment consultations, referrals to **bpf** members and trainees, signposts potential patients to other services and provides information to those interested in psychotherapy via email and phone.

Support is Key

This project was developed in April 2020 to provide free psychotherapy for key workers in the pandemic. Nearly a 100 **bpf** therapists offered to donate up to 6 free online sessions to Key Workers - intensive care nurses, doctors, teachers, social workers, and those who work with the homeless. Although Clinical Services initiated and coordinated this project it was the enthusiasm of the members that provided it. Although we are not getting as many enquiries about this service we continue to be contacted and place Key Workers with therapists. So far, 222 people have been offered support.

Low Fee Service

This service offers an opportunity for the public to access intensive psychotherapeutic help at a low fee. The service is crucial for both the BJAA and PPA trainings as it helps to support and provide training patients to trainees. At present, the service receives an average of 55 contacts a month. Some of these contacts are referred on to **bpf** members, and others are referred for assessment as potential training patients for our trainees. People who need a different service are signposted by the clinical director.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

PPA Training

The PPA training gradually moved back to include in-person work and training. Trainees began to see their patients in person last year, and to attend their own analyses/ therapy and supervision in person too.

In line with the feedback from trainees, PPA piloted a melded model for the delivery of seminars. PPA plan to survey the trainees to get more formal feedback and are looking at the possibility of trialling hybrid seminars, where some trainees attend in person and others on-line. This would mean that the training would be accessible to those living out of London.

BJAA Training

The BJAA training has been redesigned to run largely on Saturdays. A New Approaches to Theory group has worked with great creativity and energy to redevelop the curriculum to include a more critical engagement with the theory and practice of Psychoanalysis addressing its colonial, heteronormative and gender biased roots. A once weekly training is being offered for the first time to give access to the profession to some who might otherwise struggle with the demands of an intensive training.

IPCAPA Training

Over 100 child and adolescent psychotherapists (CAPTs) have trained with IPCAP, many of whom are now in senior NHS consultant level positions. The programme is accredited by the Association of Child Psychotherapists (ACP) and is funded by the NHS, who also provide the clinical setting for the trainees.

Wider national and international reach

The programme has the potential to grow within the UK e.g. with the possibility of introducing a postgraduate training in areas of the UK where there is currently little access to CAPT training (and certainly no training in the Independent tradition); developing a distance learning model of training to offer greater flexibility and attract students from beyond London and the South East; or if future CAPT funding permits, look at delivering training through intensive/residential sessions.

MSc Psychodynamics of Human Development

The MSc Psychodynamics of Human Development is a two-year part-time course consisting of the working partnership between the British Psychotherapy Foundation and the Psychosocial Studies Department at Birkbeck, University of London, as well as the collaboration between the Psychoanalytic and Jungian streams of the course.

Funding

The funding of the MSc Psychodynamics of Human Development is provided by Birkbeck, University of London.

24 students are expected to graduate from the MSc this year and 20 students are expected to progress into second year in September.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Scientific and Applied Activities Committee (Sci-App) Annual Report for 2021 – 2022

The Scientific and Applied Activities Committee (Sci-App) aims to fulfil a major role in the creative and intellectual life of the **bpf** by ensuring access for members to a rich programme of events relevant to the theory and practice of psychoanalysis and psychoanalytic psychotherapy and to their application in the wider sphere of human activity, from art and literature to politics and world affairs.

During the 2021/22 Academic Year (September 2021 to July 2022), the Sci-App Committee planned eight events, and three Wessex talks, and also supported a **bpf** member, Helen Morgan, in putting on a series of 4 seminars called *Reading in Contexts: A Creative Approach to Critical Reading*.

The eight Sci-App events included the **bpf** Annual Lecture which this year was held in memory of Lionel Monteith. The lecture was given by Jean Knox (a **bpf** member), on the topic of *The Birth and Death of Hope* and was held on 29 January 2022.

As we emerge from the Covid pandemic, events are being planned as hybrid events, both in-person at Mapesbury Road and online. Continuing to provide talks online allows for the inclusion of **bpf** members outside of London. To date, the large majority of people who have registered for events have chosen to attend online, so it may be a while before we see a good return to in-person attendance.

Equality, Diversity & Inclusion

In November 2021, Eleanor Mongey and Ruth Calland began working on a Diversity and Inclusion initiative as a way of understanding how to put equality, diversity, and inclusivity at the forefront of the **bpf**'s operations. This initial investigation has now been completed and has resulted in the naming of the SMT as champions for EDI, ensuring that EDI policies inform our approach to employment, training and the provision of clinical services. There is much work to do going forward but the **bpf** is committed to increasing accessibility and equality.

British Journal of Psychotherapy

Ann Scott announced her intention to step down as Editor in Chief of the British Journal of Psychotherapy. We would like to take this opportunity to thank Ann for all her hard work and excellent leadership of the Journal. A new editor has been recruited and will begin in Sep 22.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Looking to the year ahead

Training offerings

As part of a movement towards a more cohesive, integrated training pathway model, we are introducing a new Foundation Course to start in January 2023. This will be a pilot and will be rolled out annually with a September intake, if successful. The Foundation Course will be for people at the beginning of their training journey. The course will comprise a theory module and a clinical module and students will be supported to find their first clinical placement. Theory will include both psychoanalytic and Jungian theory and graduates of the course will be supported to apply for one of our practitioner trainings.

We will be hosting various post-qualifying courses that will enable our members and graduates of other trainings to continue their professional development in specific areas.

New membership offers

We will be focusing on increasing our membership offering to our current members. The program of events and CPD will be revitalized. We have a new Membership Officer starting in September 2022, and he will focus on understanding what our members would like both in terms of professional development and social integration.

A new membership category will be developed where non-professionally qualified associate members who are interested in learning more about psychoanalytic theory, will have access to events and papers from the organization. We see this as part of an opening up to the public and spreading knowledge about psychoanalytic theory to a wider audience.

Webinars and online lectures

We will be developing an online library of webinars, recorded lectures and presentations which will form both an important archive of the work of our members, but also will be available as downloadable CPD for members and non-members.

Governance changes

Board

A recruitment drive will take place over the autumn to recruit a new Chair to the Board. During this recruitment drive new lay members will be recruited to the Board to broaden the skill set of the Board.

New Audit and Risk Committee

A recruitment drive will take place over the autumn to recruit a new Audit & Risk Committee that will include a member who is a qualified accountant. The Audit & Risk Committee will report to the Board and will have specific responsibility for financial management, risk, internal and external audit, performance management and human resources.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

New Senior Management Team

The senior management team structure has been changed to include a professionally qualified CEO, a Director of Corporate Services and a Premises and Office Manager. The SMT is supported by a Governance Officer. The CEO will focus on developing and increasing the training and membership offerings.

Minor Reorganisation

In preparation for an increase in business function, we have added a few new staff roles. The Director of Corporate Services is supported by a Governance Officer and a Finance Officer. We now have a Properties and Office Manager who will be managing the administrative team. The training coordinators are working as a collective team so that the support they provide across the trainings will be more seamless. We have recruited a new Membership and Communications Officer who will be working directly with the membership and the general public. IPCAPA is being supported by a Business Manager who is able to focus on funding bids and relationships with external agencies.

Fundraising

We will be working with an external fundraising agency which is tasked with raising funds for training bursaries to promote inclusivity and accessibility throughout the organization. We will also be writing bids to trusts, foundations and statutory bodies to increase accessibility to psychoanalytic and Jungian psychotherapies.

Digital transformation

The organization has settled into a hybrid approach to working. All members of staff have been issued with laptops and can choose days that they work from home or come into the office. We hope that this increases staff well-being and retention. We now work purely in the cloud and are using Microsoft Teams to keep closely in touch with each other wherever we are. The phone system has been transferred to MS Teams which will mean greater accessibility across the phone lines.

We are investing in a new website, which should be live by the end of 2022, and have implemented an upgrade of our membership database. We have transferred to a new payment system ironing out past glitches.

Board Changes

David Vincent, who resigned as Chair of trustees in December 2021.

Mary Pat Campbell, vice chair, became interim chair of trustees from January 2022. Two other trustees, Joanna de Waal and Ruth Calland resigned, in February and March 2022 respectively.

As of April 2022, the trustees were as follows:

Mary Pat Campbell (interim-chair), Liza Catan (replaced me as interim-PPA Chair), Jean Knox (bpf rep), Eleanor Mongey (PPA rep), Ferelyth Watt (IPCAPA chair), Susie Rose (PPA rep), and Sarah Spitzfaden (IPCAPA rep). Steven Flower (BJAA rep) joined the trustees to replace Ruth Calland.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Key Personnel Changes

Jan Barlow CEO since December 2020 resigned her position on 8 of June 2022.

The Board of Trustees undertook a review of the roles and responsibilities following the resignation of Jan Barlow. The post of Chief Executive was completely revised to focus on strategy, training & education, and business delivery.

The post of Director of Finance & IT held by David Ryan was revised to Corporate Services Director with a focus on financial management, risk, human resources, governance, systems, and performance management.

Dr Frances Gillies was appointed Chief Executive on 1 July 2022.

David Ryan was appointed Corporate Services Director on 1 July 2022.

Conclusion

We are now in a more stable situation with a committed board of trustees who work well together, to deliver planned work ongoing since last year. This, together with new projects initiated by the Acting Chief Executive brings us into the now current year, April 2022 – March 2023.

A handwritten signature in black ink, appearing to read 'Jean M. Knox'.

Jean Knox, Chair of Trustees

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees, who are the trustees of the charitable company for the purpose of charity law and directors for the purpose of company law, present their statutory report together with the financial statements of the British Psychotherapy Foundation (**bpf**) for the year ended 31 March 2022.

The **bpf** (the charity) is constituted as a company limited by guarantee and is therefore governed by a Memorandum and Articles of Association dated 3 October 2012 which was amended at a General Meeting on 13 December 2014 and on 19 July 2019. It is registered as a charity with the Charity Commission.

This report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purposes of company law.

The financial statements have been prepared in accordance with the principal accounting policies set out on pages 36 and 37 and comply with the charity's Memorandum and Articles of Association, the Charities Act 2011, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 second edition).

The objects of the Charity (the "Objects") are for the public benefit to preserve the mental health and relieve mental distress particularly through psychotherapy in all or any of its aspects by:

- advancing the education, training, study and practice of analytic therapies and psychoanalysis (the "therapy");
- increasing the public knowledge of therapies.
- advancing the therapies as a method of treatment.
- advancing the practice of the therapies as a profession.
- providing easier and affordable access to psychotherapy treatment; and
- undertaking any other charitable purpose for the public benefit approved by the Trustees.

The charity met its objectives during the period.

Organisational and decision-making structure

The **bpf** board has overall responsibility for the charity and meets regularly to ensure the affairs of the charity are effectively managed. It holds additional meetings to address specific strategic and governance matters. It delegates day-to-day operational management to a Chief Executive Officer, who is assisted by full and part time staff, volunteers and a number of member-based committees and working groups in delivering the organization's activities.

Psychotherapy training is conducted across three psychotherapy disciplines: Psychoanalytic Psychotherapy; Jungian Analysis; and Child and Adolescent Psychotherapy. Three training programmes rooted in each of these disciplines are primarily delivered via three specific associations within the **bpf**, with wider cross-disciplinary training programmes also offered by the **bpf**.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The board ensures it has the systems and procedures in place to be able to properly exercise its responsibilities and authority over the activities of its associations.

Trustee induction

The **bpf** is committed to ensuring that its trustees receive a good induction as part of assuming the responsibility of trustee of a charity and a director of a limited company. It believes that a good induction prepares new trustees to be effective. Opportunities for new trustees to spend time in the organisation including shadowing staff are provided. Supplying new trustees with key information about the organisation and about the responsibilities of being a trustee is at the heart of the induction. The information supplied includes constitutional and governance documents, Charity Commission guidance, information about the organisation, its finances, and administration.

Relationships with stakeholders and partners

The main stakeholders of the organisation are its professional psychotherapists and trainee psychotherapy members, students on its MSc courses and patients. Other stakeholders are people who participate in **bpf** courses, events and conferences, and funders. The major funders are Health Education England (HEE) which funds the child and adolescent training, and London University (Birkbeck College), which funds the MSc in Psychodynamics of Human Development. The clinical doctorate offered to those undertaking the Child and Adolescent Training is in partnership with the Anna Freud National Centre for Children and Families and University College London (UCL). The **bpf** has a partnership with the University of Exeter for an MSc in Psychological Therapies Practice and Research (Psychodynamic/Psychoanalytic Therapy) which then leads into the Qualifying Training in Psychodynamic Psychotherapy or Qualifying Training in Psychoanalytic Therapy.

Members are **bpf** qualified psychotherapists, retired **bpf** psychotherapists and trainee psychotherapists. There were 540 members at 31 March 2022. Qualified members are registered with the British Psychoanalytic Council (BPC) or the Association of Child Psychotherapists (ACP) and fully conform to their requirements. Jungian analysts are also members of the International Association for Analytical Psychology (JAAP). Child and Adolescent psychotherapy trainees work within the NHS, usually in funded posts, and are eligible for NHS work on qualification.

Members receive a regular e-newsletter with information about developments and activities in the organisation and relevant events for professionals. They also receive regular mailings and invitations to attend members' meetings where matters of topical importance are discussed. Such regular communication helps to ensure that the membership is informed and up to date with internal and external activities and developments.

Contribution of Volunteers

Significant numbers of members contribute generously of their time and expertise in a voluntary capacity to deliver education and trainings, to provide CPD activities for members, and to provide a range of public engagement activities. These contributions are important in enabling the **bpf** to retain its standing in the world of psychotherapy and to contribute to the work of the BPC. These members bring a wide array of expertise as they include not only psychotherapists but also workers in a variety of professions including medicine, psychology, and academia, or in other organisations such as in the private sector, and public services such as the NHS and social services.

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The vision

The **bpf's** vision is of a society in which psychotherapy is available to everyone who needs it to promote their emotional well-being and mental health.

The mission

The **bpf's** mission is to be a vibrant professional organisation, providing access to psychotherapy information and treatment for the public, comprehensive support to our members, and education and training to the next generation of psychotherapists. It aims to ensure that its activities:

- are **accessible** to people from all sectors of British society who are interested in accessing psychotherapy treatment, training, or understanding.
- **offer** a range of **high quality**, specialist clinical training and academic services.
- demonstrate a commitment to **equality and diversity**.

Values

The **bpf's** leading principles include the following:

Equality & fairness

The **bpf** is committed to the development and implementation of policies and procedures that ensure fairness, with the aims of promoting equality, valuing diversity and removing any unfair discrimination shaping its activities.

Accountability

The **bpf** is committed to communicating clearly how it has taken its members, trainees, patients, staff and other stakeholders' views into consideration in developing and managing its activities and policies. The **bpf** Board is committed to demonstrating high standards of governance.

Efficiency

The **bpf** is committed to fostering a culture of innovation and continuous improvement, using its resources efficiently and seeking to achieve further efficiencies without compromising the quality of its activities.

Public Benefit

The **bpf** meets its requirement for public benefit by training psychotherapists who help to alleviate the mental and psychological distress of members of the public. The **bpf** also offers low-cost psychotherapy for members of the public who would not normally be able to afford these treatments. The trustees are mindful of the Charity Commission's guidance on public benefit when planning its activities.

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The **bpf** aims to achieve public benefit through the following:

- improving public knowledge and understanding of the benefits of psychotherapy by providing information, and by offering a range of courses, events and outreach work in statutory and non-statutory settings. This educational work not only aims to inform the public about psychotherapy but makes available to the public perspectives and ways of thinking that help people manage complex areas of their own lives such as relationships, parenting, employment, bereavement, trauma and retirement.
- engaging in research on the processes involved in psychotherapy and disseminating research through the British Journal of Psychotherapy, other journals and professional events. This promotes the growth of knowledge about the theory and practice of psychotherapy and improves the practice of psychotherapists who treat members of the public.
- providing access to treatment, aimed at relieving mental distress and promoting emotional well-being and mental health within the UK.
- providing rigorous training and continuing professional development which aims to ensure that there is a continuing supply of well-qualified psychotherapists available to work in the public sector, voluntary sector and in private practice for the benefit of members of the public who need treatment.
- delivering training for the continuing development of psychotherapists, short courses and conferences open to other professionals in the mental health and related fields. These encourage the development of skills and understanding in other professionals working directly with members of the public in a range of settings.
- aiming to be accessible to the general public, i.e., anyone interested in psychotherapy treatment or training regardless of background and location. The organisation provides a low-cost treatment scheme for patients and bursaries for trainees in need of financial support.

Objectives, Achievements, Impact and Future Plans

Objectives

The **bpf's** aim is to promote, provide and increase, for the benefit of the public, the knowledge and skills relating to the practice of psychotherapy and thereby to relieve mental distress and improve mental wellbeing. To achieve this, it provides training and post-qualification opportunities for people wanting to practice as psychotherapists. Its members are registered with, and regulated by, the British Psychoanalytic Council or the Association of Child Psychotherapists. The **bpf** seeks to advance psychotherapy as a profession in all or any of its aspects through training and development of individual psychotherapists as well as liaison with other statutory and voluntary organisations in this field.

The **bpf** also provides psychotherapy to members of the public, including a Low Fee service for people who might not otherwise be able to access psychotherapy services. The **bpf** also provides courses for continuous professional development of psychotherapists and other professional and mental health practitioners, together with events and courses aimed at giving an understanding of psychotherapy and its application.

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Activities & Achievements

Clinical Services

Clinical Services at the **bpf** has gained a wider profile since the development of the Support is Key Project and provides, assessment consultations, referrals to **bpf** members and trainees, signposts potential patients to other services and provides information to those interested in psychotherapy via email and phone.

Assessment Skills Training

Clinical Services have coordinated and facilitated an annual Assessment Skills Training for **bpf** members who are interested in this area of work and who may be interested in joining the team of assessors that support the work of Clinical Services.

Assessors' Team

We currently have approximately 50 assessors and are looking to expand the team and the expertise within the group. Clinical Services have arranged regular Assessors' meetings usually on a termly basis where there is an opportunity to present an assessment consultation and discuss changing clinical thinking as well as develop a greater network of colleagues. Clinical Services have recently developed links with the trauma unit at the Tavistock Hospital and members of that team kindly presented some of their clinical work at our last meeting.

Low Fee Service

This service offers an opportunity for the public to access intensive psychotherapeutic help at a low fee. The service is crucial for both the BJAA and PPA trainings as it helps to support and provide training patients to trainees. At present, the service receives an average of 55 contacts a month. Some of these contacts are referred on to **bpf** members, and others are referred for assessment as potential training patients for our trainees. People who need a different service are signposted by the clinical director.

Support is Key

This project was developed in April 2020 in order to provide free psychotherapy for key workers in the pandemic. Nearly a 100 **bpf** therapists offered to donate up to 6 free online sessions to Key Workers - intensive care nurses, doctors, teachers, social workers and those who work with the homeless. Although Clinical Services initiated and coordinated this project it was the enthusiasm of the members that provided it. Although we are not getting as many enquiries about this service we continue to be contacted and place Key Workers with therapists. So far, 222 people have been offered support.

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Membership & Education

There are three associations within *bpf* covering a range of modalities with specific training and career paths:

- Independent Psychoanalytic Child & Adolescent Psychotherapy Association (IPCAPA);
- British Jungian Analytic Association (BJAA); and
- Psychoanalytic Psychotherapy Association (PPA).

PPA Committee and Working Party Reports

PPA Training Committee

The PPA training has continued to run reasonably smoothly over the last year, gradually moving back to include in-person work and training. Trainees began to see their patients in person last year, and to attend their own analyses/ therapy and supervision in person too.

The experience of having to move everything on-line a couple of years ago has meant that we have recognised that some things do work well on-line and have enabled us to be more flexible in certain aspects of the training. We have agreed that supervision can continue on-line, with the proviso that trainees attend at least 2 supervision sessions (per patient) per term in person. This has meant that trainees have more options in choosing a supervisor, as geographical location is less of an issue.

In line with the feedback from trainees, we are piloting a melded model for the delivery of seminars. We had hoped to begin the pilot last autumn, but delays in availability of the building and spikes in Covid meant that we have only been able to start the pilot this term. This involves offering Tuesday seminars on-line and Saturday seminars in person.

Moving to in-person has been welcomed by the trainee group, who comment on how different the experience is. Unfortunately, the recent rail strike has meant that the last Saturday seminar had to be moved back to on-line, much to the disappointment of the trainees. Preliminary feedback from trainees suggests that there is a mixed view about whether to continue with the model of weekday seminars online, and Saturday in person, or to try to move back to having weekday seminars in person as well. We plan to survey the trainees to get more formal feedback and are looking at the possibility of trialling hybrid seminars, where some trainees attend in person and others on-line. This would mean that the training would be accessible to those living out of London, as well as those more able to travel to Mapesbury Road on a Tuesday evening.

We have had a smaller intake of trainees in 2022, with only 4 new entrants. We are not clear why this number has dropped but are mindful of the difficulties some people have had in negotiating the website and accessing information, which may play a part. We are pleased to learn that this is being addressed, and we are hoping that this may assist us in marketing the course better in future.

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We have had 3 trainees qualifying in the last year, one of whom had transferred from the ex-Lincoln Training. We have revised our guidelines for the final paper, and the way of assessing the work. Final papers are now being read by 2 markers, who produce a joint preliminary report, with areas for discussion with the trainee. This is sent to the trainee, and the 3 (2 markers and trainee) then meet for a 'reading in' or 'viva'. After this, the markers produce their final report.

This approach appears to work well, and trainees and markers have all reported that it is a very alive and fruitful approach, where all participants feel more engaged. The markers are able to get more of a sense of the clinical work and of the trainee, and feel it is a richer process than previously. We have 3 trainees currently working on their papers, so we hope to have more feedback on the new process in coming months.

With respect to the Teresa Hirsch prize, 5 papers from the years 2020-21 were considered for the prize, and the consensus of the readers was to award the prize to Elizabeth Karsberg. The award ceremony and reading of the paper is scheduled for September.

With respect to the curriculum, we are considering the possibility to moving away from the rolling programme to theory teaching in year groups. This will allow more of a seminar (rather than lecture) feel, with more opportunity for discussion, and facilitate a more developmental approach regarding the theory. Saturday seminars, which include many contemporary issues (eg diversity, contribution of neuroscience etc) will continue to be taught in the large group.

A move to year group teaching will have financial and logistic implications, which need to be considered, so discussions with the *bpf* management are crucial in this regard.

Susie Rose, who has been an excellent and committed curriculum lead over the last 2.5 years and has worked to make the curriculum fit for purpose in a diverse and changing world, will be standing down from this role. She will be greatly missed. We are looking to recruit a replacement for her soon.

We are also looking to find a replacement for Ann Morris, who has for some years, as Chair of the Selection subcommittee, been heading up recruitment of new trainees. She will be a hard act to follow.

We have 3 new TC members, and are hoping to get more in. This is particularly important, since some of our longstanding committee members are planning to stand down, and we do very much hope to keep our numbers up and to rejuvenate the committee.

We are pleased to share the good news that Lydia Horton, our Training Co-ordinator, now on maternity leave, has had a daughter, named Bonnie. We have been lucky to recruit Shahzaib Shaikh Qadeer to cover for her during her maternity leave.

This year, we are being reaccruited by the BPC, and the reaccruitation visit is towards the end of July. We feel confident that we will be reaccruited, particularly after the excellent final report from our erstwhile External Examiner, Elizabeth Coates Thummel. We are looking to recruit a new external examiner to support the training over the next 3-5 years.

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We are mindful of the new structures and management arrangements in the *bpf*, and are hopeful that this will offer more support to the trainings henceforth.

PPA Training Therapist and Supervisor Committee

Committee membership: Karl Figlio (chair), Richard Morgen-Jones, Susan Rodgers and Christina Wieland.

Our work continues to consist mainly of the routine processing of applications and reviewing our procedures. Between the previous report in July 2022:

- 17 enquiries
- 2 applications accepted
- 2 applications rejected

Reviewing our procedures remains a high priority, especially as the approach to the IPA progresses, and we liaise with the working party with it in mind.

As we reported last year, an issue of immediate importance is the annual updating of the list of training therapists and supervisors. Quite a few members drop off each year, despite three reminders. In one case, an apparent re-application from someone who had been on the list led to an unfortunate misunderstanding until the previous membership had been established. We have revised the form, hoping not only to improve the currency, completeness, and accuracy of the information we hold, but also to encourage members to return it.

We remain aware that some potential trainees find it difficult to find someone who can carry them through the training. The scarcity of training supervisors also affects the PPA's Advanced Clinical Course. This bottleneck jibes with the apparent wider lack of interest within the PPA membership in progressing to senior membership and then to training therapist and/or supervisor. We continue to need a joint initiative with the senior membership committee, pointing out the added advantage for senior members of working with trainees. A short article about career progression, including training therapy and supervision, appeared in a recent Newsletter and produced a small number of enquiries.

The committee is under-staffed, which impedes progress on the review of documents. We have decided to increase the frequency of meetings to monthly, which adds stress to members. The committee urgently needs additional members, a problem exacerbated by the small proportion of PPA members among our training therapists and supervisors.

PPA Post Qualifying Committee

The PPA's Post Qualifying Committee launched the new Advanced Clinical Course in January 2022. It aims to help participants deepen and intensify their clinical work by reflecting critically about theory and their own clinical practice. Those completing the course will become Senior Members of both the PPA and the *bpf* and will be eligible to apply to become PPA Training Therapists and Supervisors.

Eight participants are currently undertaking the course. Teaching is on Saturday mornings and delivered online. This had made it possible for participants living in the regions of the UK to sign up to the course.

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The PQC has been working with the PPA's Training Committee and Training Therapists and Supervisors committee to create a sense of career progression within the PPA, from the point of acceptance onto the intensive training, through qualification and senior membership, to Training Therapist/Supervisor status. To this end the Committee is working to develop a programme of post-qualification CPD, to launch early in 2023.

Like the other PPA Committees, the PQC is in need of new members to continue the work of the Committee when some current members step down. The recent membership is Liza Catan (Chair), Sue Corneck, Hella Ehlers (Retired, November 2021), Michael Halton, Judith Nesbit, Ann Scott and Laurence Spurling.

The setting up and running of the Advanced Clinical Course has been ably supported by Lydia Horton, the PPA administrator. Shahzaib Shaikh Qadeer is providing much appreciated support during her maternity leave.

The Working Party on Affiliation to the IPA

After receiving the Board of Trustees' support for further developing the PPA's proposal to affiliate to the IPA, two members of the IPA Working Party attended the Board meeting in April 2022. The Board gave the green light to continue exploring IPA accreditation and flagged the need to establish how these could be accommodated within the BPF'S constitution and structures, in order to avoid the difficulties that attended the formation of the BPA.

The Co-Chairs of the working party will take forward these enquiries, consulting with the Chair of the New Groups Committee of the IPA and discussing the matter with the bpf Senior Management Team. The PPA will aim to present a detailed proposal to the Board that, if approved, would form the basis for the formal IPA application.

The members of the IPA Working Party are Juliet Newbigin (Co-lead), Ann Scott (Co-lead), Karl Figlio, Ann Malkin Poul Rohleder (stepped down May 2022), Susan Hall (stepped down May 2022).

PPA New Members Liaison

Over the past year we have three newly qualified members joined the PPA. Sally Parr has taken on liaising with newly qualified members and our aim continues to be one of embracing new members with a view to giving them a sense of belonging and identity within the association as well as encouraging greater involvement and participation in the functioning of the organisation. This continues to be a challenge, which has been exacerbated by the Pandemic. Last October's Coffee Morning was cancelled due to lack of interest, which was disappointing. This year's May coffee morning was attended by 4 new members who spoke about how good it was to meet up and talk about their differing experiences of qualifying; some saying they needed the space to recover, organise their practice and find their own voice, whilst others felt the opposite, in limbo and unsure where to start.

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We discussed ways the PPA might help new members feel more embraced by the organisation. We aim to be in touch with them to welcome them to the PPA as they join. We will also ask for a recently qualified member to write a short piece in the newsletter, on a regular basis regarding their experience of qualifying and becoming a member. It was felt that new members coffee morning should continue bi-annually.

To celebrate us all getting back to in person contact we will hold a PPA party in September for all members, with an emphasis on encouraging our new members' attendance.

PPA Secretariat and Newsletter

Joao Botas has been part of the PPA Executive Committee since June 2021. He takes the minutes of the PPA EC meetings and editor of the PPA Newsletter. He has edited 2 issues of the Newsletter, in consultation with the PPA membership - Winter'22 and Spring'22 issues. The newsletter is sent to PPA members and trainees.

He is also part of the Exeter Training Committee as a representative of the PPA/BPF.

Report from the BJAA TPC Chair – April 2021/March 2022

The BJAA Jungian analytic adult training currently has 3 trainees (one of which MES), 2 of which approaching qualification. During the last year 4 trainees qualified as BJAA members (George Taxidis, Alex Kirsch, Jane Desborough and Clare Simmonds). George Taxidis' qualifying paper went on winning the Lady Balogh Prize, which was recently presented to him during a ceremony in which George read his paper and David Henderson responded. For the year 2022/23, we have offered a place to 5 candidates, 4 of which have already accepted.

The year 2022/23 will see several key innovations in the BJAA training.

Firstly, a new once-weekly psychotherapy training will start in September 2022. 5 candidates have been admitted to the selection process that is almost concluded. This new training, lasting 4 years, has been designed with a view to facilitate access to training for people who may find it difficult to commit to an intensive training for various reasons (eg financial). It will lead to qualification as Jungian Psychotherapist and IAAP membership. Albeit launched with only minimal marketing it has already proven attractive and higher numbers of applicants are expected over the next years. A group of BJAA members developed this idea and put it to the TPC, who then worked with them to implement it. A member of that group (Jo de Waal) has since joined the TPC and continues to be the driving force behind this new project. Accreditation with BPC will be applied for in due course.

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Secondly, an ad hoc working group (NAT – New Approach to Theory) has overhauled and redesigned the entire programme of theory seminars over the 4 years, with the aim of encouraging the understanding and constructive critique of the theory and practice of analytical psychology and psychoanalysis as developed in the early part of the twentieth century, particularly engaging with its colonial, heteronormative and gender biased roots. The delivery of teaching will also incorporate important innovations. A group of BJAA members, which has been working on this project for over a year, will be in charge of the teaching throughout each year in the interest of continuity, integration and consistency. Also, instead of weekly evening seminars the new theory modules will be taught over 9 full Saturdays (3 seminars + 1 reflective group), thus facilitating participation from trainees outside London. Trainees from both streams (analytic and psychotherapy) will jointly attend the monthly seminars as well as the reflective group. We will also continue to invite IPCAPA trainees on the Jungian stream to theory seminars, who have shown a consistent and increasing interest over the last few years. A conversation is in progress with IPCAPA to regulate the financial aspects of this co-operation.

The Post-Graduate (PG) section of the TPC has been working in close connection with TPC colleagues to design and introduce procedures for the new roles required by the psychotherapy training. Requirements and application procedures for 'Approved Therapists' have been finalised and approved by the TPC and will be shortly circulated to members inviting them to apply. The procedures for Supervisors of psychotherapy trainees are being finalised and the TPC will shortly finalise a decision. Also, during the last year, Erika Klemperer, Jacqueline Egli and Trevor Jameson have been approved as Training Analysts, while Hessel Willemsen has been approved as Training Supervisor. Finally, 2 external candidates are in the process of applying to become BJAA members. Assessment of external applicants has become part of the PG remit in 2021.

The TPC currently includes 9 members (4 of which only attend PG meetings). It continues to work according to a flexible model of task rotation (bimonthly rolling Chair and minute taker). Most communication between meetings happens on the platform Slack which facilitates shared participation (including interaction with PG members) and storing of/ easy access to key documents. Integral to the activity of the TPC are some 'satellite' roles held by members external to the committee who get invited regularly in relation to their remit: Selection Coordinator (from this year one for each training), Training tutors (former Training Advisors whose job description has been streamlined to make it more accessible to members as well as to empower trainees), Liaison member with the EC and the Trainee representative.

A new External Examiner (Sarah Cooke) has been recently appointed and we are discussing with her a variety of ways in which our co-operation may be strengthened. Next year a second External Examiner will be appointed for the Psychotherapy Training.

Giorgio Giaccardi (TPC Chair June-July 2022)

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2021-2022 REPORT From BJAA Interim Executive for AGM

The BJAA interim Executive Committee has continued to work with the membership in formulating a useful and efficient structure to:

- Maintain and strengthen links and responsibilities within the BPF.
- To actively support and develop a number of highly important creative initiatives, including a new Jungian Psychotherapy training, to run alongside its long-established Jungian Analytic Training.
- To listen and be involved in thinking with BJAA's committees, projects, and the membership.

Despite some significant losses through unexpected deaths, and the unresolved concern about the lack of members who feel able to take on organisational roles, this has been a hardworking and extremely productive year for BJAA.

BJAA holds high standing in the Jungian analytical field in the UK and internationally, as an active member of the Umbrella Group (which consists of the representatives of Jungian training organisations in the UK) and in the IAAP - International Association for Analytical Psychology - the international certifying body for training in Analytical Psychology. A senior member of BJAA, Emilija Kiehl, is the Vice President of IAAP and currently serves her second term on the IAAP Executive Committee.

IPCAPA

Wider Context

The Independent training (formerly known as IPCAPA training) has been offering professional training programmes for nearly 40 years and has developed significantly over that period of time. The 4-year full time training programme is delivered by the **bpf** in partnership with the Anna Freud Centre and UCL. Trainees taking part in the programme attend weekly clinical and research teaching and spend 4 days per week working in a professional placement. It is also a requirement for trainees to be in analysis 4 times per week and access regular supervision. On completing the clinical experience requirements set out by ACP through their placements, and passing academic requirements set by UCL and assessed by **bpf** and research requirements from the Anna Freud Centre, trainees are awarded a Doctorate degree.

Over 100 child and adolescent psychotherapists (CAPTs) have trained with us, many of whom are now in senior NHS consultant level positions. The programme is accredited by the Association of Child Psychotherapists (ACP) and is funded by the NHS, who also provide the clinical setting for the trainees.

This means that the management of the training involves a complex network of partnerships, including accountability to the commissioners, responsibility for meeting the NHS, ACP and university quality standards, for responding to Government policy and initiatives, for finding clinical placements and sustaining relationships with NHS Trust service supervisors and their colleagues, as well as monitoring the progress of trainees within their learning development and work setting.

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Funding

For about 20 years there have been a number of fully funded NHS training places/posts held by the independent trainees. These posts provide training fees, intensive case supervision (via the *bpf*), a full-time salary, a contribution to analytic fees and travel expenses (via the NHS employer). This represents an investment of approx. £2.2 million for Health Education England (HEE) (the NHS commissioners) in 2021/22 for our trainees alone.

In the last 15 years the numbers of IPCAPA trainees have increased steadily and our current total number is 46 trainees across the 4 years. In the past, group sizes have remained on average 7 – 9 trainees; however, in the last 2 years we have worked to grow our intake to meet the increased need for child and adolescent psychotherapists, and to meet requirements from HEE. In 2020 and 2021 we increased year group size to 15 and 13, and our newest intake group is 20 strong, and may increase to 21. This is in part due to the national increase of trainee child and adolescent psychotherapists (please see below). Our main NHS commissioner, Health Education England - London, hosts the commissioned clinical placements across London and the Southeast of England region and holds the *bpf* accountable for the quality of the whole learning experience for the trainees (and the £2.2 million investment).

Commissioned Training Placements

The turning point in the development of the training came in 2007 when the then main NHS commissioners, NHS London, agreed to fund 5 training placements on an ongoing basis, on the proviso that we increased the training placements in South London. Prior to this our trainees were only funded if they managed to get a clinical placement that was open to all trainees from any of the child psychotherapy schools, which did not allow us to plan and develop the training. Over the last few years whilst we have been somewhat fixed in a steady state with our London/East of England/Kent, Surrey and Sussex commissions we have been successful in getting other funded placements in the Southwest of England and Midlands. In 2021 HEE announced a requirement for training schools to increase intake numbers by an additional 25%. We quickly worked to recruit trainees and have filled all additional placements provided to our school by HEE. We have attracted trainees from a wide geographical area and increased trainee diversity.

The majority of our trainees are in full-time clinical placements (maternity leave returners often in 0.8 posts) in Child and Adolescent Mental Health Services (CAMHS) across the Southeast of England. A third of the current total trainee body are in London placements and the rest in Essex, Cambridge, Hertfordshire, Kent, Surrey, Sussex, Thames Valley, Leicestershire, Dorset, Wales and Northern Ireland. This has implications for how we support the trainees and clinical placements and in the 'attractiveness' of these posts to London based candidates that apply to our training.

The CAMHS services are under ever-present threat of cost pressures, service re-configurations and working post the pandemic, our Service Supervisors' ask us to intervene in supporting them in these difficult negotiations. The wide-spread austerity measures being implemented across the NHS have been challenging for us in maintaining our standards and supporting the Service Supervisors. These issues have mostly focussed on the appropriate banding and supports to the Service Supervisor (which have a direct impact on our trainees).

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Psychotherapy in Child and Adolescent Psychoanalytic Psychotherapy (DPsych)

Since the Government initiative, NHS Agenda for Change, which identified CAPTs as a doctoral level profession, the independent training developed and introduced a clinical doctorate programme in 2008 with Birkbeck College, University of London. In 2014 we changed our doctoral partners and are coming to the end of our 8th year of our doctoral programme with Anna Freud National Centre for Children and Families (AFC) / University College London (UCL).

Our experience of developing the original doctorate has helped us develop a successful, integrated and innovative doctorate programme that enables trainees to navigate their clinical expertise grounded in the Independent psychoanalytic tradition, fully integrated with a knowledge and experience of the research skills that will be necessary for those working in the modern NHS. The programme has been ground-breaking in demonstrating the way that clinical research teaching can be integrated into the traditional 4-year child psychotherapy training. Currently, the majority of our trainees are awarded their doctorate within a year of qualifying.

Professional Body

Association of Child Psychotherapists (ACP) is the professional body for our training. The ACP holds the **bpf** responsible for quality of the curriculum and clinical learning experience for the trainees. We provide annual reports and are re-accredited every 5 years by a visiting panel selected by Training Council. We successfully passed our last accreditation in 2016/17 and are currently preparing for re-accreditation in early Autumn 2022. During the last accreditation the ACP was very positive in its praise of the training. They particularly commented the following:

- The progress that the organisation has made post- merger in 2013 to form a new organisation including support from the Chair, Board of Trustees and Chief Executive.
- The high calibre of the IPCAPA management team and the accessibility and commitment of the clinical course director.
- The successful development and implementation of a new 4-year Doctorate programme in collaboration with the Anna Freud Centre for children and Families and University College London, that has been developed in consultation with service colleagues and other stakeholders and which incorporates flexibility and responsiveness to changing service needs and workload pressures.
- The quality of trainees especially the Year 4 trainees who impressed the panel with their commitment, enthusiasm and willingness to learn, often overcoming significant challenges.
- The range and quality of clinical placement provision and support from the highly motivated and committed service supervisors and progress advisors.
- The high calibre, passion and commitment of the experienced and innovative teaching team.

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Joint placements in NHS and Clinical Services at AFC

In the small arena of CAPT training we compete successfully with our main London competitor the Tavistock. In 2021/22, for the first time, more incoming trainees who were offered a place with both us and the Tavistock opted to train with the independent training. This is a significant achievement; the Tavistock are at least double our size and are able to attract candidates to their central London based clinical placements (mostly at the Tavistock).

As the bpf does not have a clinical service and due to the pressure in CAMHS services we have introduced a number of joint placements between the NHS and the AFC (and other 3rd sector London based organisations). We work to keep good relations with AFC staff & many more recent independent training graduates work in AFC clinical services. We would like to organise more placements for our trainees within the AFC.

Wider national and international reach

The programme has the potential to grow within the UK e.g. with the possibility of introducing a postgraduate training in areas of the UK where there is currently little access to CAPT training (and certainly no training in the Independent tradition); developing a distance learning model of training to offer greater flexibility and attract students from beyond London and the South East; or if future CAPT funding permits, look at delivering training through intensive/residential sessions. Equally, the programme also has the potential to grow overseas (i.e., by attracting greater international applicants to build on the AFC and UCL's strong tradition of training those who go on to take leadership roles in child mental health service provision and innovation around the world). In 2020 we sent our 1st international graduate from the doctoral programme to sow the seeds of CAPT in Ecuador. The possibility of developing a more substantial international arm of the training could offset any loss of training income from HEE. While we are not anticipating loss of income from HEE as we are at a time of growth, we are keen to diversify income streams. With some market research, we could develop the programme content for engaging a greater international audience. There is also the potential to broaden the number/range of applicants to the course, to ensure strong intake and create a greater diversity of trainees.

Elizabeth Murphy & Leah Mair
21st June 2022

MSc Psychodynamics of Human Development – Annual Report 2021/22

The MSc Psychodynamics of Human Development is a two-year part-time course consisting of the working partnership between the British Psychotherapy Foundation and the Psychosocial Studies Department at Birkbeck, University of London, as well as the collaboration between the Psychoanalytic and Jungian streams of the course.

2021/22 started online for both cohorts of students. Since April 2022, some in person teaching has resumed at the BPF house on Wednesdays. The change was welcomed by some students but not all: some students living out of London continue to attend seminars online.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

24 students are expected to graduate from the MSc this year and 20 students are expected to progress into second year in September.

A total of 9 MSc students have been accepted on the IPCAPA training to start in September 2022. One MSc has applied and been accepted on the Jungian Psychotherapy theory and practice run the BJAA, starting in January 2023.

Exceptionally, second year students will be attending seminars at the BPF next academic year at the same time as first year students. Study Days will take place at the College.

In addition to the normal cohort of first year students, we are opening a pilot stream of the course, open to students living out of London and who will attend seminars onsite once a term and online the rest of the time. This is an exciting initiative leading to the BPF teaching students as far as Glasgow.

Bursaries from HEE received by IPCAPA have been a great incentive for MSc students either already on the course or starting next September.

The MSc continues to work with IPCAPA and other groups at the BPF.

***bpf* Scientific and Applied Activities Committee (Sci-App) Annual Report for 2021 – 2022**

The Scientific and Applied Activities Committee (Sci-App) aims to fulfil a major role in the creative and intellectual life of the ***bpf*** by ensuring access for members to a rich programme of events relevant to the theory and practice of psychoanalysis and psychoanalytic psychotherapy and to their application in the wider sphere of human activity, from art and literature to politics and world affairs.

The Sci-App Committee is a ***bpf*** committee, and so endeavours to recruit representatives from each of the Associations as well as from other interest groups (e.g., research; regional members) and key constituencies across the organisation such as the BJP and, ideally, a current member of the Board. Since July 2021, the committee has also included an organiser of the long-running ***bpf*** Wessex talks. Tim Fox was Chair of the committee until July 2021, when Poul Rohleder took over as Chair. Tim Fox has stepped down from the Sci-App committee, and we are very grateful for the fantastic work he has done as previous Chair. Joanna Lee has also stepped down from the committee, and we thank her too for her hard work and dedication.

In planning events, the Sci-App Committee invites suggestions from the ***bpf*** membership and seeks to ensure there is a range of events with a range of topics. During October and November 2021, the ***bpf*** membership were invited to complete a survey for the Sci-App Committee, inviting respondents to indicate their areas of experience and expertise, and topics of interest. The survey received 60 responses, which provided the committee with useful information for the consideration and planning of future events.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Events are planned mindful of other activities in the organisation calendar so as to avoid potential clashes. Achieving these goals on behalf of the organisation necessitates fluent liaison with event organisers, and with the **bpf** marketing, room bookings, IT and finance officers. This is facilitated by the use of a standard Event Submission Form.

During the 2021/22 Academic Year (September 2021 to July 2022), the Sci-App Committee planned eight events, and three Wessex talks, and also supported a **bpf** member, Helen Morgan, in putting on a series of 4 seminars called Reading in Contexts: A Creative Approach to Critical Reading.

The eight Sci-App events included the **bpf** Annual Lecture which this year was held in memory of Lionel Monteith. The lecture was given by Jean Knox (a **bpf** member), on the topic of *The Birth and Death of Hope* and was held on 29 January 2022. This lecture was delivered online and was generally well-attended. Unfortunately, due to an administrative error, some registrants were provided with the incorrect starting time, and so joined the talk late. A recording of the talk was made available to registrants afterwards.

There were 4 half-day and full-day workshops organised:

- *Retirement: Endings and New Beginnings* – 25 October 2021
- *Working Across Frontiers* – 19 Feb 2022
- *Retirement: Endings and New Beginnings. A follow-up discussion.* – 25 June 2022
- *Celebrating: Support is Key* – 9 July 2022

Two Audience with Authors talks were organised, but unfortunately, due to unforeseen circumstances one of these had to be cancelled at short notice. On the 16 June 2022, Helen Morgan gave a talk based on her book *The Work of Whiteness*, which was delivered online and attended by about 22 people and generated some important discussion.

This year, the Sci-App Committee has planned and launched what it hopes will be regular **bpf** Scientific Meetings to be held on the second Thursday evening of every second month (January, March, May, July, September, and November). The first of these is on the 14 July 2022, with Alice Cowley (a **bpf** member), giving a talk entitled *Trapped in the Burrow: Retreat, Trauma and Psychic Repair*. The aim is to have talks by different **bpf** members across the three associations and offer an opportunity to meet and chat with fellow members.

As we emerge from the Covid pandemic, events are being planned as hybrid events, both in-person at Mapesbury Road and online. Continuing to provide talks online allows for the inclusion of **bpf** members outside of London.

To date, the large majority of people who have registered for events have chosen to attend online, so it may be a while before we see a good return to in-person attendance.

During this year, the Wessex Talks team have scheduled three talks which were delivered online:

- *Adolescent Development in the Age of social media* – speaker Philip Stokoe on 22 January 2022
- *Coming into Being – Reflections from an NHS specialist psychotherapy service on survivors of historical sexual abuse* - speaker Maggie Schaedel on 30 April 2022
- *Understanding internalised homophobia and shame in work with gay men* – speaker Poul Rohleder on 16 July 2022

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

This is the only formal **bpf** programme held in an out of London region. The programme has been consistently well run, well-budgeted and successful. Its organiser, Alison Pearce maintains good communication with the Chair of Sci-App, who has countersign Alison's expenses claims based on an hourly rate (this was still countersigned by Tim Fox this year).

Delivering talks online continues to offer the opportunity for talks to be recorded and be made available for viewing on the **bpf** website, perhaps at a small fee. The **bpf** will need to consider how this might be facilitated.

In general, the talks and events have received positive feedback from attendees who have found the events of benefit. While there are enough people attending to make them feasible, we would like to encourage more **bpf** members to support these events, and hope that we can work with **bpf** marketing to strengthen the marketing of these events next year.

Membership of the Sci-App Committee is now as follows:

Poul Rohleder (Chair), Juliet Newbigin, Susan Kegerreis, Eleanor Mongey, Toby Dantzic (BJP), Joao Botas, Liz Edwards (Wessex Talks), Jackie Charbit-Middleton, Holly Dwyer Hall, and Nikolaos Tzikas

Poul Rohleder, Chair

Risk Assessment

The trustees regularly identify and consider the major risks to which the charity is exposed and establish systems to mitigate such risks.

Financial systems are closely monitored through budgets and internal controls, and regularly reviewed to prevent excessive expenditure and to guard against fraud.

The trustees continue to put in place effective strategies to ensure that **bpf** activities remain sustainable in the long term and that they develop along with to meet the needs of potential trainees and patients.

Financial review

Total income amounted to £1,240,590 during the year (2020/21: £1,193,017) and total expenditure was £1,247,385 (2020/21: £1,116,773). Investment gains were £41,157 (2020/21: Gains £244,597) resulting in net income of £34,362 (2020/21: net income £320,841).

Net restricted expenditure £2,408 (2020/21: net income £57,550) included a grant from Health Education England of £80,000 and a £20,000 legacy donation to be spent in 2021/22.

Income from operational activities was £1,073,607 (2020/21 £1,080,717), broadly in line with income and trainee numbers from the prior year. Expenditure of £1,138,477 (2020/21: £1,062,023) exceeded income resulting in a net operational loss of (£64,870) (2020/21: net operational loss £14,536).

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Investment income increased significantly to £59,680 (2020/21: £31,890). Total expenditure £1,247,835, unrestricted net expenditure was (£30,841) (2020/21: net income £263,291).

Total reserves were reported at £4,165,933 on 31 March 2022, of which £275,388 is held as restricted funds (2020/21: £277,796) and £1,780,000 as designated (2020/21: £1,806,667). Designated funds consist of a legal fund of £20,000 and a property fund of £1,760,000 which is equal to the book value of the freehold property after depreciation. Unrestricted funds amounted to £2,110,545 on 31 March 2022 (2020/21: £2,047,108).

Investment policy and returns

Under the memorandum and articles of association, the charity has the power to invest its funds at the discretion of the directors. The trustees considered the return on investments to be in keeping with present market conditions.

The trustees have exercised care and skill when making investment decisions and to the best of their abilities selected investments that were right for the charity taking account of:

- how suitable any investment is for the charity;
- the need to diversify investments

The trustees have addressed the ethical aspects of the charity's investments to ensure they are not in conflict with the aims of the charity. The trustees monitor and review the performance of the external investment manager.

Reserves

The board has reviewed the major risks that the charity faces, as a result the **bpf** is now committed to maintaining free reserves equal to 3-6 months operating costs, approximately £372,000 to £558,000 and to retaining an additional sum of £20,000 as a legal fee reserve to ensure adequate cover for any possible future legal costs. Key financial control systems are reviewed annually. At 31 March 2022 free reserves were above target.

A number of adult psychotherapy trainings from the 3 merged organisations remain active. The board is committed to ensuring that these trainings continue until the trainees concerned have qualified which will entail using a level of its reserves.

Trustees' responsibilities in relation to the financial statements

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the income and expenditure of the charitable company and its state of affairs at the end of that period.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

In preparing those statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent.
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the charitable company's auditor is unaware; and as directors of the charitable company we have taken all the steps that we ought to have taken, in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This report was approved by the board of directors on 20 October 2022 and signed on its behalf.

Jean Knox, Chair of Board of Directors

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH PSYCHOTHERAPY FOUNDATION

Opinion

We have audited the financial statements of The British Psychotherapy Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- The charitable company is required to comply with both company law and charity law and based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities . This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.

Knox Cropper LLP

10/11/22

Simon Goodridge
Senior Statutory Auditor
for and on behalf of Knox Cropper LLP Statutory Auditor
65 Leadenhall Street London EC3A 2AD

BRITISH PSYCHOTHERAPY FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted	Designated	Restricted	Total 2022	Total 2021
		£	£	£	£	£
Income and Endowments:						
Donations and Legacies	2	803	-	106,500	107,303	113,640
Investment Income	3	59,680	-	-	59,680	31,890
Charitable Activities						
Membership		215,125	-	-	215,125	220,860
Training Fees	4	571,001	-	-	571,001	525,608
MSc Course & Pre-training Fees		234,561	-	-	234,561	223,873
Short Courses		25,581	-	-	25,581	23,133
Events		1,280	-	-	1,280	17,258
Publication Income		11,753	-	-	11,753	21,638
Clinic Access and Services		13,395	-	-	13,395	13,390
Other		911	-	-	911	1,727
Total Income		1,134,090	-	106,500	1,240,590	1,193,017
Expenditure:						
Charitable Activities						
Membership	5	125,660	-	-	125,660	122,432
Education						
Training Courses		667,869	-	108,908	776,777	729,107
MSc Course & Pre-training		228,305	-	-	228,305	196,012
Short Courses		27,208	-	-	27,208	8,441
Events		3,791	-	-	3,791	4,127
Clinical Access & Services		51,072	-	-	51,072	43,843
Publications		34,572	-	-	34,572	12,811
Total Expenditure		1,138,477	-	108,908	1,247,385	1,116,773
Net Income/Expenditure before gains/(losses)		(4,387)	-	(2,408)	(6,795)	76,244
Net Gains/ (Losses) on Investments		41,157	-	-	41,157	244,597
Net Income/(Expenditure)		36,770	-	(2,408)	34,362	320,841
Transfers between Funds		26,667	(26,667)			
Net Movement in Funds		63,437	(26,667)	(2,408)	34,362	320,841
Total Funds Brought Forward		2,047,108	1,806,667	277,796	4,131,571	3,810,730
Total Funds Carried Forward		£2,110,545	£1,780,000	£275,388	£4,165,933	£4,131,571

All income and expenditure derive from continuing activities.

The notes on pages 36 to 43 form part of these financial statements.

BRITISH PSYCHOTHERAPY FOUNDATION

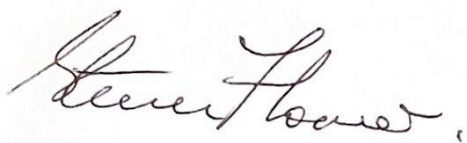
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2022

	Note	2022		2021	
		£	£	£	£
FIXED ASSETS					
Intangible Assets	8		-		2,500
Tangible Fixed Assets	9		1,787,125		1,800,454
Investments	10		<u>1,976,725</u>		<u>2,135,568</u>
			3,763,850		3,938,522
CURRENT ASSETS					
Debtors	11	161,188		334,522	
Cash At Bank and In Hand		<u>516,204</u>		<u>241,669</u>	
		677,392		576,191	
CREDITORS:					
Amounts falling due within one year	12	<u>(275,309)</u>		<u>(383,142)</u>	
NET CURRENT ASSETS			402,083		193,049
TOTAL NET ASSETS			<u>£4,165,933</u>		<u>£4,131,571</u>
FUNDS	13				
Restricted			275,388		277,796
Designated			1,780,000		1,806,667
Unrestricted			2,110,545		2,047,108
TOTAL FUNDS			<u>£4,165,933</u>		<u>£4,131,571</u>

These financial statements were approved by the Board of Trustees on 25th October 2022 and were signed on its behalf by:



.....
Jean Knox
Director



.....
Steven Flower
Director

Registered Company No: 08238969
Registered Charity No: 1150806

The notes on pages 36 to 43 form part of these financial statements

BRITISH PSYCHOTHERAPY FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
CASH FLOWS FROM OPERATING ACTIVITIES:			
Net Cash provided by (used in) Operating Activities	17	112,951	116,295
CASH FLOWS FROM INVESTING ACTIVITIES :			
Investment Additions		-	(809,368)
Investment Disposal Proceeds		200,000	223,494
Purchase of Property, Plant and Equipment		(38,416)	(1,498)
Net Cash by (used in) Investing Activities		161,584	(587,372)
Change in Cash and Cash Equivalents in the Reporting Period		274,535	(471,077)
Cash and Cash Equivalents at the Beginning of the Reporting Period		241,669	712,746
CASH AND CASH EQUIVALENTS AT THE END OF THE REPORTING PERIOD		£516,204	£241,669

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting Policies

1.1 Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102 second edition – effective 1 January 2019)), applicable UK accounting standards and the Companies Act 2006.

1.2 Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of one year from the date of approval of these financial statements.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

1.3 Incoming resources

Voluntary Income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or if donors conditions have not been fulfilled, then income is deferred. Investment income is recognised on a receivable basis.

1.4 Resources expended

Resources expended are recognised when a liability is incurred, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.5 Pension Costs

The company contributes to a stakeholder pension scheme. These costs are accounted for by charging the premiums paid in the period during which the company benefits from the employees' services.

1.6 Intangible Fixed Assets

Intangible fixed assets are publication rights for the British Journal of Psychotherapy. These intangible assets will be amortised over their estimated economic life of 4 years on a straight line basis.

1.7 Tangible Fixed Assets

Individual fixed assets costing more than £100 are capitalised at cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the carrying value over their expected useful economic life as follows:

Freehold buildings	2% straight line basis	Library, books, films &	15% reducing balance
Furniture & Fittings	20% straight line basis	equipment	basis
Office Equipment	33% straight line basis	Database and IT equipment	33% straight line basis

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting Policies (continued)

1.8 Investments

Investments including funds under management are stated at market value at the balance sheet date. These investments are readily convertible to cash. The Statement of Financial Activities includes the net gains and losses arising on revaluations.

1.9 Stock

Stock is valued at the lower of cost or net realisable value.

2. GRANTS AND DONATIONS

	2022	2021
	£	£
Grants	83,000	92,000
Donations	23,500	21,640
Members and Other Donations	803	-
	<u>£107,303</u>	<u>£113,640</u>

3. INVESTMENT INCOME

Bank Interest	-	365
Dividends	59,680	31,525
	<u>£59,680</u>	<u>£31,890</u>

4. TRAINING FEES

IPCAPA Training	496,404	433,385
PPA Training	64,254	76,772
BJAA Training	10,343	14,551
Application for Training Therapists	-	900
	<u>£571,001</u>	<u>£525,608</u>

5. CHARITABLE ACTIVITIES

	-----2022-----				-----2021-----			
	Direct	Staff costs	Support	Total	Direct	Staff costs	Support	Total
	£	£	£	£	£	£	£	£
Membership	32,259	18,363	75,038	125,660	57,904	15,014	49,514	122,432
Education								
Training	486,706	133,554	156,517	776,777	307,061	159,484	262,562	729,107
Courses								
MSc & pre-trainings	91,925	12,424	123,956	228,305	88,741	31,391	75,880	196,012
Short								
Courses	10,576	7,709	8,923	27,208	1,564	5,540	1,337	8,441
Events	3,344	-	447	3,791	2,225	-	1,902	4,127
	<u>624,810</u>	<u>172,050</u>	<u>364,881</u>	<u>1,161,741</u>	<u>457,495</u>	<u>211,429</u>	<u>391,195</u>	<u>1,060,119</u>
Clinical								
Access & Services	1,182	45,217	4,673	51,072	-	43,843	-	43,843
Publications	30,330	-	4,242	34,572	12,811	-	-	12,811
	<u>£656,322</u>	<u>£217,267</u>	<u>£373,796</u>	<u>£1,247,385</u>	<u>£470,306</u>	<u>£255,272</u>	<u>£391,195</u>	<u>£1,116,773</u>

Staff costs are split between direct and support costs which are then allocated to charitable activities.

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

6. SUPPORT COSTS

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2022 £	Total 2021 £
Staff	25,249	60,450	24,684	2,684	134	113,196	242,184
Other Staff	26,334	63,060	25,740	2,799	140	118,063	16,071
Premises	14,306	34,251	13,983	1,520	76	64,136	63,506
Office	13,104	31,375	12,809	1,393	70	58,750	51,834
Governance	4,958	11,871	4,846	527	26	22,229	17,540
	<u>£83,951</u>	<u>£200,997</u>	<u>£82,056</u>	<u>£8,923</u>	<u>£446</u>	<u>£376,373</u>	<u>£391,195</u>
Prior year							
	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2021 £	
Staff	30,652	162,549	46,977	828	1,178	242,184	
Other Staff	2,034	10,787	3,117	55	78	16,071	
Premises	8,046	42,664	12,330	217	309	63,566	
Office	6,561	34,790	10,054	177	252	51,834	
Governance	2,221	11,772	3,402	60	85	17,540	
	<u>£49,514</u>	<u>£262,562</u>	<u>£75,880</u>	<u>£1,337</u>	<u>1,902</u>	<u>£391,195</u>	

7. STAFF COSTS AND KEY MANAGEMENT PERSONNEL

No remuneration was paid to directors during the year. Expenses reimbursed to them in the year in their capacity as directors amounted to £Nil (2020/21: £481). A number of the Directors received fees in respect of professional services rendered as psychotherapists during the year amounting to £16,364 (2020/21: £825).

The staff costs of remaining staff were:

	2022 £	2021 £
Wages and Salaries	312,779	457,966
Social Security Costs	26,706	29,027
Pension Costs	8,197	10,462
	<u>£347,682</u>	<u>£497,455</u>
	Nos.	Nos.
Full Time Staff Equivalent	<u>9</u>	<u>10</u>

Key management personnel for all or part of the year consisted of two individuals (2019: three). Total remuneration of key management personnel during the year amounted to £129,172 (2019: £130,810).

Staff receiving remuneration greater than £60,000 in the year were as follows:

	2022 Nos.	2021 Nos.
Between £60,000 and £70,000	<u>1</u>	<u>1</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

8. INTANGIBLE ASSET

Publication Rights : British Journal of Psychotherapy	2022	2021
	£	£
Cost at 1 st April 2021 and 31 st March 2022	<u>10,000</u>	<u>10,000</u>
Accumulated amortization		
Brought forward as at 1 st April 2021	7,500	5,000
Charge for the year	<u>2,500</u>	<u>2,500</u>
Carried forward as at 31 st March 2022	<u>10,000</u>	<u>7,500</u>
Net Book Value		
At 31 st March 2022	<u>-</u>	<u>£2,500</u>

9. TANGIBLE FIXED ASSETS

	Freehold Property	Office Equipment Furniture & Fittings	Library Books & Film Equipment	Total 2022	Total 2021
	£	£	£	£	£
Cost:					
At 1 st April	2,000,000	120,740	56,029	2,176,769	2,175,271
Additions	-	38,416	-	38,416	1,498
Disposals	-	-	-	-	-
At 31st March	<u>2,000,000</u>	<u>159,156</u>	<u>56,029</u>	<u>2,215,185</u>	<u>2,176,769</u>
Accumulated Depreciation					
At 1 st April	213,333	116,794	46,008	376,315	340,919
Charge for the period	26,667	23,253	1,826	51,745	35,396
Disposals					
At 31st March	<u>240,000</u>	<u>140,047</u>	<u>47,834</u>	<u>428,060</u>	<u>376,315</u>
Net Book Values					
At 31st March 2022	<u>£1,760,000</u>	<u>£19,110</u>	<u>£8,195</u>	<u>£1,787,125</u>	<u>£1,800,454</u>
At 31st March 2021	<u>£1,786,667</u>	<u>£3,766</u>	<u>£10,021</u>	<u>£1,800,454</u>	<u>£1,834,352</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

10. INVESTMENTS

	2022	2021
	£	£
Quoted Investments		
Balance Brought Forward	2,135,568	1,353,970
Additions	-	760,495
Disposal Proceeds	(200,000)	(223,494)
Unrealised Gains	41,157	244,597
Market Value at 31 st March	<u>1,976,725</u>	<u>2,135,568</u>
 Held at Year End:		
Sarasin Alpha CIF	1,335,632	1,541,694
CAF Balanced Growth Fund	67,609	63,559
COIF Charity Investment Fund – Accumulation Shares	572,203	529,034
Triodos Bank	1,281	1,281
	<u>£1,976,725</u>	<u>£2,135,568</u>

11. DEBTORS

	2022	2021
	£	£
Debtors	79,339	196,771
Trainee Loans	8,190	5,510
Other debtors	57,097	-
Payments in advance	16,672	132,241
	<u>£161,188</u>	<u>£334,522</u>

12. CREDITORS

	2022	2021
	£	£
Amounts Falling Due Within One Year		
Trade Creditors	33,004	179,192
Bad Debt Provision	7,964	
Deferred Income	63,119	168,487
Deposits	-	470
Accruals	159,863	23,160
PAYE and Staff Related	8,733	11,193
Jungian Archives	2,626	640
	<u>£275,309</u>	<u>£383,142</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

13. FUNDS

	Balance B/F	Incoming Resources	Expend- iture	Investment Gains/ Losses	Transfers	Balance C/F
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	14,545
Child Training	141,442	23,500	-	-	-	124,859
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	1,700	-	-	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
HEE – Equality, Diversity & Inclusion Fund	-	83,000	(59,000)	-	-	24,000
	<u>£277,796</u>	<u>£106,500</u>	<u>£(108,908)</u>	<u>£-</u>	<u>£-</u>	<u>£275,388</u>
Designated Funds						
Property Fund	1,786,667	-	-	-	(26,667)	1,760,000
Legal Fees Fund	20,000	-	-	-	-	20,000
	<u>£1,806,667</u>	<u>£-</u>	<u>£-</u>	<u>£-</u>	<u>£(26,667)</u>	<u>£1,806,667</u>
Unrestricted Funds						
General Reserves	2,047,108	1,134,090	(1,138,477)	41,157	26,667	2,110,545
Total Reserves	<u>£4,131,571</u>	<u>£1,240,590</u>	<u>£(1,247,385)</u>	<u>£41,157</u>	<u>£-</u>	<u>£4,165,933</u>

Prior year

Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	24,370
Child Training	83,642	112,000	(54,200)	-	-	141,442
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	1,850	-	(150)	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Roziska Parker Fund	-	300	(400)	-	-	-
	<u>£220,146</u>	<u>£112,300</u>	<u>£(54,750)</u>	<u>£-</u>	<u>£100</u>	<u>£277,796</u>
Designated Funds						
Property Fund	1,813,330	-	-	-	(26,663)	1,786,667
Legal Fees Fund	20,000	-	-	-	-	20,000
	<u>1,833,330</u>	<u>£-</u>	<u>£-</u>	<u>£-</u>	<u>£(26,663)</u>	<u>£1,806,667</u>
General Reserves	1,757,254	1,080,717	(1,062,023)	244,597	26,563	2,047,108
Total Reserves	<u>£3,810,730</u>	<u>£1,193,017</u>	<u>£(1,116,773)</u>	<u>£244,597</u>	<u>£-</u>	<u>£4,131,571</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	275,388	275,388
Designated Funds	1,760,000	-	20,000	1,780,000
Unrestricted Funds	27,125	1,976,725	106,695	2,110,545
	<u>£1,787,125</u>	<u>£1,976,725</u>	<u>£402,083</u>	<u>£4,165,933</u>
Prior year				
	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	277,796	277,796
Designated Funds	1,786,667	-	20,000	1,806,667
Unrestricted Funds	16,287	2,135,568	45,253	2,047,108
	<u>£1,802,954</u>	<u>£2,135,568</u>	<u>£193,049</u>	<u>£4,131,571</u>

15. MEMBERS LIABILITY

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up is £5.

16. TAXATION

The company is a registered charity and no provision is considered necessary for taxation.

17. NOTES TO THE CASH FLOW STATEMENT

	2022	2021
	£	£
Reconciliation of net movement in funds to net cash flow from operating activities		
Net movement in funds for the reporting period (as per the statement of financial activities)	34,362	320,841
Adjustments for:		
(Gain)/Loss on Investments	(41,157)	(195,724)
Acquisition Assets	-	-
Depreciation charges	51,745	35,396
Amortisation charges	2,500	2,500
(Increase)/decrease in debtors	173,334	(143,157)
Increase/(decrease) in creditors	(107,833)	96,439
Net cash provided by (used in) operating activities	<u>£112,951</u>	<u>£116,295</u>
Analysis of cash and cash equivalents		
Cash at bank	516,204	241,669
Total cash and cash equivalent	<u>£516,204</u>	<u>£241,669</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

18. RELATED PARTY TRANSACTIONS

There were no related party transactions in the year.

19. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted £	Designated £	Restricted £	Total 2021 £
Income and Endowments:					
Donations and Legacies	2	1,340	-	112,300	113,640
Investment Income	3	31,890	-	-	31,890
Charitable Activities					
Membership		220,860	-	-	220,860
Training Fees	4	525,608	-	-	525,608
MSc Course & Pre-training Fees		223,873	-	-	223,873
Short Courses		23,133	-	-	23,133
Events		17,258	-	-	17,258
Publication Income		21,638	-	-	21,638
Room Hire and Lettings		-	-	-	-
Clinic Access and Services		13,390	-	-	13,390
Other		1,727	-	-	1,727
Total Income		1,080,717	-	112,300	1,193,017
Expenditure:					
Charitable Activities					
Membership	5	122,432	-	-	122,432
Education					
Training Courses		674,357	-	54,750	729,107
MSc Course & pre-trainings		196,012	-	-	196,012
Short Courses		8,441	-	-	8,441
Events		4,127	-	-	4,127
Publications		43,843	-	-	43,843
Clinical Access & Services		12,811	-	-	12,811
Total Expenditure		1,062,023	-	54,750	1,116,773
Net Income/Expenditure before gains/(losses)		18,694	-	57,550	76,244
Net Gains/(Losses) on Investments		244,597	-	-	244,597
Net Income/(Expenditure)		263,291	-	57,550	320,841
Transfers between Funds		26,563	(26,663)	100	-
Net Movement in Funds		289,854	(26,663)	57,650	320,841
Total Funds Brought Forward		1,757,254	1,833,330	220,146	3,810,730
Total Funds Carried Forward		£2,047,108	£1,806,667	£277,796	£4,131,571

Accounts

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND
FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

COMPANY NO: 08238969

CHARITY NO: 1150806

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REFERENCE AND ADMINISTRATIVE INFORMATION

The Company was formed on 3 October 2012 and commenced operations on 1 April 2013, on which date the activities and assets of the British Association of Psychotherapists, the Lincoln Clinic and Centre for Psychotherapy and the London Centre for Psychotherapy were merged through transfer to this newly formed company.

Directors

The board members who served as directors from 1 April 2020 were as follows:

David Vincent (Chair)	Appointed 21 November 2020
Jean Carr (Chair)	Passed away 4 October 2020
Mary Pat Campbell (Vice Chair)	
Ruth Calland	Appointed 21 November 2020
Liza Catan	Appointed 21 November 2020
Joanne de Waal	Appointed 21 November 2020
Jean Knox	Appointed 21 November 2020
Hester McFarlan Solomon	Resigned 21 November 2020
Eleanor Mongey	
Annie Peskin	Appointed 21 November 2020
Susannah Rose	Appointed 21 November 2020
Sarah Spitzfaden	Appointed 21 November 2020
Ferelyth Watt	

Chief Executive Officer	Michael Owen, Interim CEO (May 2018 to December 2020) Jan Barlow, CEO (from December 2020)
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Principal & Registered Office	37 Mapesbury Road London NW2 4HJ
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Charity Registration Number	1150806
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Company Number	08238969
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Bankers

The Co-operative Bank
P.O.Box
Skelmersdale
Lancs
WN8 6WT

Investment Managers

Sarasin & Partners LLP
250 Juxon House
100 St Paul's Churchyard
London
EC4M 8BU

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

CCLA
Senator House
85 Queen Victoria
London
EC4V 4ET

Triodos Bank
Deanery Road
Bristol
BS1 5AS

Solicitors

Russell-Cooke
2 Putney Hill
Putney
London SW15 6AB

Bates Wells
10 Queen Street Place
London
EC4R 1BE

Auditors

Knox Cropper LLP
Chartered Accountants
65 Leadenhall Street
London EC3A 2AD

Chair's statement

2020/21 was a year when we mourned the loss of some close colleagues, as well as welcoming a number of new trustees and staff to the organisation, all set against a backdrop of a global pandemic, the impact of which changed all of our lives for a far longer period than any of us could have imagined at the start of the first national lockdown in March 2020.

In October 2020, Jean Carr, the Chair of **bpf**, passed away following diagnosis of a very aggressive cancer. The speed and nature of her passing came as an enormous shock to everyone in the organisation, not least those who knew her well. She made a huge contribution to the **bpf** and she will be much missed. I would like to record thanks on behalf of the whole organisation to Mary Pat Campbell, Eleanor Mongey, Hester Solomon and Ferelyth Watt, the trustees on the board at the time of Jean's passing, for their enormous contribution in keeping the organisation moving forward at that time

In June 2021 **bpf** also mourned the loss of Laura Paynter, the IPCAPA Business Manager, also following diagnosis of an aggressive cancer. Laura had worked for the organisation for many years, and her loss has been felt deeply by colleagues across the whole organisation.

At the November 2020 AGM, nine new trustees were elected to the board, including myself as the new Chair, bringing the total number of current trustees to eleven. We have been meeting monthly and working hard to get to know each other and work effectively as a team. In December 2020 we also welcomed Jan Barlow as **bpf's** new Chief Executive, taking over from Mike Owen who had been Interim Chief Executive since May 2018. We would like to record our thanks to Mike for all his work during his two and a half years with the organisation. In December 2020 **bpf's** Finance Director, Bella Hailemariam, also left the organisation and we would like to thank her for all her work during her many years at **bpf**. We have been pleased to have John Axon working with us as Interim Finance Director since her departure.

The Covid-19 pandemic and the first national lockdown at the end of March 2020 necessitated all **bpf's** activities being moved online and staff needing to work from home, which has continued into the new financial year. As a result, in many ways 2020/21 was a year of ensuring the charity could continue to function effectively given Government restrictions on individuals and organisations. I would like to thank everyone in the organisation, including staff, members, and teaching staff, for their enormous contribution in supporting the new ways of working.

The move to online working was a success for **bpf**. We saw the number of trainees and participants in our courses increase, as providing teaching online attracted participants from further afield, as the need to travel to London for teaching was removed. As life returns to normal, we will consider carefully the ways in which we can continue to attract participants from outside Greater London and the South East.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

The move to working and delivering all **bpf's** activities online highlighted the limitations of **bpf's** existing IT systems and the need to upgrade and update them. In April 2021 we were therefore pleased to move to a new Cloud-based system, as well as upgrading our hardware and connectivity. As with all systems upgrades, there were some teething problems in the early days, but the upgrade has improved speed and reliability of system access for staff and has future-proofed our IT.

The board continued to be mindful of the ongoing need to reduce the organisation's financial deficit. In recent years overhead costs have been reduced significantly, including reducing staff numbers. However, the board recognises that if it continues to cut infrastructure, it will ultimately affect the organisation's ability to function effectively. The board has therefore decided that the charity needs to focus its efforts on growing the organisation and increasing its income as opposed to just cutting costs. It intends to appoint to a newly created post of Training & Membership Director to assist with this task during 2021/22.

A handwritten signature in dark ink, appearing to read 'David Vincent', written over a horizontal line.

David Vincent
Chair

The Trustees, who are the trustees of the charitable company for the purpose of charity law and directors for the purpose of company law, present their statutory report together with the financial statements of the British Psychotherapy Foundation (*bpf*) for the year ended 31 March 2021.

The *bpf* (the charity) is constituted as a company limited by guarantee and is therefore governed by a Memorandum and Articles of Association dated 3 October 2012 which was amended at a General Meeting on 13 December 2014 and on 19 July 2019. It is registered as a charity with the Charity Commission.

This report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purposes of company law.

The financial statements have been prepared in accordance with the principal accounting policies set out on pages 32 and 33 and comply with the charity's Memorandum and Articles of Association, the Charities Act 2011, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 second edition).

The objects of the Charity (the "Objects") are for the public benefit to preserve the mental health and relieve mental distress particularly through psychotherapy in all or any of its aspects by:

- advancing the education, training, study and practice of analytic therapies and psychoanalysis (the "therapy");
- increasing the public knowledge of therapies;
- advancing the therapies as a method of treatment;
- advancing the practice of the therapies as a profession;
- providing easier and affordable access to psychotherapy treatment; and
- undertaking any other charitable purpose for the public benefit approved by the Trustees.

The charity met its objectives during the period.

Organisational and decision making structure

The *bpf* board has overall responsibility for the charity and meets regularly to ensure the affairs of the charity are effectively managed. It holds additional meetings to address specific strategic and governance matters. It delegates day-to-day operational management to a Chief Executive Officer, who is assisted by full and part time staff, volunteers and a number of member-based committees and working groups in delivering the organisation's activities.

Psychotherapy training is conducted across three psychotherapy disciplines: Psychoanalytic Psychotherapy; Jungian Analysis; and Child and Adolescent Psychotherapy. Three training programmes rooted in each of these disciplines are primarily delivered via three specific associations within the **bpf**, with wider cross-disciplinary training programmes also offered by the **bpf**.

The board ensures it has the systems and procedures in place to be able to properly exercise its responsibilities and authority over the activities of its associations.

Trustee induction

The **bpf** is committed to ensuring that its trustees receive a good induction as part of assuming the responsibility of trustee of a charity and a director of a limited company. It believes that a good induction prepares new trustees to be effective. Opportunities for new trustees to spend time in the organisation including shadowing staff are provided. Supplying new trustees with key information about the organisation and about the responsibilities of being a trustee is at the heart of the induction. The information supplied includes constitutional and governance documents, Charity Commission guidance, information about the organisation, its finances, and administration.

Relationships with stakeholders and partners

The main stakeholders of the organisation are its professional psychotherapists and trainee psychotherapy members, students on its MSc courses and patients. Other stakeholders are people who participate in **bpf** courses, events and conferences, and funders. The major funders are Health Education England (HEE) which funds the child and adolescent training, and London University (Birkbeck College), which funds the MSc in Psychodynamics of Human Development. The clinical doctorate offered to those undertaking the Child and Adolescent Training is in partnership with the Anna Freud National Centre for Children and Families and University College London (UCL). The **bpf** has a partnership with the University of Exeter for an MSc in Psychological Therapies Practice and Research (Psychodynamic/Psychoanalytic Therapy) which then leads into the Qualifying Training in Psychodynamic Psychotherapy or Qualifying Training in Psychoanalytic Therapy.

Members are **bpf** qualified psychotherapists, retired **bpf** psychotherapists and trainee psychotherapists. There were 540 members at 31 March 2021. Qualified members are registered with the British Psychoanalytic Council (BPC) or the Association of Child Psychotherapists (ACP) and fully conform to their requirements. Jungian analysts are also members of the International Association for Analytical Psychology (IAAP). Child and Adolescent psychotherapy trainees work within the NHS, usually in funded posts, and are eligible for NHS work on qualification.

Members receive a regular e-newsletter with information about developments and activities in the organisation and relevant events for professionals. They also receive regular mailings

and invitations to attend members' meetings where matters of topical importance are discussed. Such regular communication helps to ensure that the membership is informed and up to date with internal and external activities and developments.

Contribution of Volunteers

Significant numbers of members contribute generously of their time and expertise in a voluntary capacity to deliver education and trainings, to provide CPD activities for members, and to provide a range of public engagement activities. These contributions are important in enabling the **bpf** to retain its standing in the world of psychotherapy and to contribute to the work of the BPC. These members bring a wide array of expertise as they include not only psychotherapists but also workers in a variety of professions including medicine, psychology and academia, or in other organisations such as in the private sector, and public services such as the NHS and social services.

The vision

The **bpf**'s vision is of a society in which psychotherapy is available to everyone who needs it to promote their emotional well-being and mental health.

The mission

The **bpf**'s mission is to be a vibrant professional organisation, providing access to psychotherapy information and treatment for the public, comprehensive support to our members, and education and training to the next generation of psychotherapists. It aims to ensure that its activities:

- are **accessible** to people from all sectors of British society who are interested in accessing psychotherapy treatment, training or understanding;
- offer a range of **high quality**, specialist clinical training and academic services;
- demonstrate a commitment to **equality and diversity**.

Values

The **bpf**'s leading principles include the following:

Equality & fairness

The **bpf** is committed to the development and implementation of policies and procedures that ensure fairness, with the aims of promoting equality, valuing diversity and removing any unfair discrimination shaping its activities.

Accountability

The **bpf** is committed to communicating clearly how it has taken its members, trainees, patients, staff and other stakeholders' views into consideration in developing and managing its activities and policies. The **bpf** Board is committed to demonstrating high standards of governance.

Efficiency

The **bpf** is committed to fostering a culture of innovation and continuous improvement, using its resources efficiently and seeking to achieve further efficiencies without compromising the quality of its activities.

Public Benefit

The **bpf** meets its requirement for public benefit by training psychotherapists who help to alleviate the mental and psychological distress of members of the public. The **bpf** also offers low cost psychotherapy for members of the public who would not normally be able to afford these treatments. The trustees are mindful of the Charity Commission's guidance on public benefit when planning its activities.

The **bpf** aims to achieve public benefit through the following:

- improving public knowledge and understanding of the benefits of psychotherapy by providing information, and by offering a range of courses, events and outreach work in statutory and non-statutory settings. This educational work not only aims to inform the public about psychotherapy but makes available to the public perspectives and ways of thinking that help people manage complex areas of their own lives such as relationships, parenting, employment, bereavement, trauma and retirement.
- engaging in research on the processes involved in psychotherapy and disseminating research through the British Journal of Psychotherapy, other journals and professional events. This promotes the growth of knowledge about the theory and practice of psychotherapy and improves the practice of psychotherapists who treat members of the public.
- providing access to treatment, aimed at relieving mental distress and promoting emotional well being and mental health within the UK.
- providing rigorous training and continuing professional development which aims to ensure that there is a continuing supply of well-qualified psychotherapists available to work in the public sector, voluntary sector and in private practice for the benefit of members of the public who need treatment.
- delivering training for the continuing development of psychotherapists, short courses and conferences open to other professionals in the mental health and related fields. These encourage the development of skills and understanding in other professionals working directly with members of the public in a range of settings.
- aiming to be accessible to the general public, i.e. anyone interested in psychotherapy treatment or training, regardless of background and location. The organisation provides a low-cost treatment scheme for patients and bursaries for trainees in need of financial support.

Objectives, Achievements, Impact and Future Plans

Objectives

The **bpf**'s aim is to promote, provide and increase, for the benefit of the public, the knowledge and skills relating to the practice of psychotherapy and thereby to relieve mental distress and improve mental wellbeing. To achieve this it provides training and post-qualification opportunities for people wanting to practise as psychotherapists. Its members are registered with, and regulated by, the British Psychoanalytic Council or the Association of Child Psychotherapists. The **bpf** seeks to advance psychotherapy as a profession in all or any of its aspects through training and development of individual psychotherapists as well as liaison with other statutory and voluntary organisations in this field.

The **bpf** also provides psychotherapy to members of the public, including a Low Fee service for people who might not otherwise be able to access psychotherapy services. The **bpf** also provides courses for continuous professional development of psychotherapists and other professional and mental health practitioners, together with events and courses aimed at giving an understanding of psychotherapy and its application.

Activities & Achievements

Membership & Education

There are three associations within **bpf** covering a range of modalities with specific training and career paths: Independent Psychoanalytic Child & Adolescent Psychotherapy Association; British Jungian Analytic Association; and Psychoanalytic Psychotherapy Association.

Independent Psychoanalytic Child & Adolescent Psychotherapy Association (IPCAPA)

Training

A total of 41 trainees progressed through their four years of training with IPCAPA in the year.

Eight final year trainees (one who returned from maternity leave and joined that year group) successfully achieved their clinical graduation and became eligible for ACP and **bpf** full membership.

All trainees in other years have progressed well with their clinical and academic requirements.

All graduates from our doctoral programme with UCL, apart from those on maternity leave, gained posts in Child and Adolescent Mental Health Services or in charities working with young people.

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Two of the 2019 graduates and one of the 2020 graduates achieved their doctorates in the timescale of this report, while others are due to submit their theses in the coming year.

Interest in issues of diversity has come more to the fore. Increasing the diversity of the trainees, particularly with respect to ethnicity and geographical location, has become a focus for IPCAPA, along with all ACP recognised training schools. This includes ensuring that the curriculum adequately reflects and promotes the diversity of our communities in the UK.

In the face of the Covid-19 lockdown, following a tremendous amount of hard work, it has been possible to continue to deliver the training online, and to support the trainees who have also had to work remotely with many of their patients.

The Covid-19 pandemic presented IPCAPA with huge challenges in term of delivering the training. IPCAPA has responded with tremendous commitment and effort from all staff, showing their capacity for adaptability, resourcefulness and creativity in the face of uncertainty on all fronts. The challenges were ones related to the technology required with minimal infrastructure for such a need, and the difficulties of continuing to provide an experience of continuity, reliability and containment for the trainees in the context of personal and professional challenges for trainees and staff.

Other activity

The IPCAPA Executive met regularly during this period, working to support the Clinical Course Director and colleagues implement the changes necessary for the training to continue effectively.

Very sadly we lost a member of our Executive to illness during this period. She was a **bpf** member who contributed to the training through teaching and her work supporting trainees during their training, as a Progress Advisor. She was also an important link between the IPCAPA training and the BJAA.

Another member of the Executive became seriously ill and had to withdraw from the Executive and her senior post at the **bpf**, specifically designated to manage the IPCAPA training. These sad events have had an emotional impact on staff and trainees who have needed additional support. In addition, IPCAPA staff have stepped in to take up as much of the postholder's work as possible. This is very much appreciated.

In relation to the teaching work and Progress Advisor role, other staff from within the teaching pool have taken up her duties with longer term arrangements then put in place for the next intake in October 2021.

In relation to the senior postholder, staff already in post took up the weight of her work during her illness. This post will be advertised and appointed to in the coming months, in order to ensure that the IPCAPA training is in a strong position to continue to provide a high-quality training in a highly competitive NHS commissioning environment.

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In addition, the current Clinical Course Director, who had been in post for 8 years, retired in mid-September 2021. This essential and influential role was advertised and successfully recruited to.

IPCAPA members contributed to the planning and presentation of papers at the highly successful **bpf** conference, "The Violent Human". In addition, IPCAPA will be strongly represented in the organisation, co-chairing and giving presentations at the Association of Child Psychotherapy Annual Conference in June.

Two IPCAPA trainees started an innovative series called "Without Borders" which was designed to share and explore the global diversity of psychoanalytic theory and practice across the **bpf**. This began as a pilot, with a view to being developed further, perhaps extending to audiences beyond the **bpf**. The series has been well received and involved IPCAPA members as well as others from the **bpf**. We hope to encourage more **bpf**-wide sharing of expertise in relation to our thinking and clinical practice.

British Jungian Analytic Association (BJAA)

The BJAA Jungian analytic adult training currently has seven trainees, with two or three who will hopefully qualify 2021, and one new trainee possibly starting in the Autumn term. Despite low numbers, BJAA continues to deliver a high quality training program that has led to a flourishing relationship with IPCAPA trainees on the Jungian pathway, who now choose to attend the majority of BJAA theory seminars in addition to their own academic programme.

The **bpf** Open Day was held online in May and a joint presentation was given with the Chair of PPA, which was well received and has led to a number of enquiries regarding training with BJAA. Our new BPC external examiner, Anna Bravesmith, is now in post and is in the process of preparing her first report. The BJAA training and postgraduate committee faces challenges in recruitment and resources that have led us to rethink the structure of the committee, with a bi-monthly rolling Chair that the trainee cohort have responded to favourably. We are also restructuring other roles in the committee to make them more flexible and less onerous, and more attractive to new members. There is also much energy going into modernising the curriculum, which will benefit both current and future trainees. In 2020/21 we approved two Training Analysts, namely David Gardiner and Jane Johnson.

Psychoanalytic Psychotherapy Association (PPA)

Training Committee

Covid-19

The last year has been challenging for the PPA training, needing to adapt to the pandemic and modify the model of training accordingly.

The Training Committee had to make multiple decisions very rapidly to ensure the continuation of the training in a format that would be safe for our trainees and their patients.

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We moved within a week from in-person to on-line seminars. Working groups within the Training Committee developed guidelines for working remotely and for returning to work in person and these were circulated to all trainees.

New & qualifying Trainees

We had a particularly large intake of trainees for the full training for 2021, with 7 new trainees who started in January 2021, and one MES (Modified Entry Scheme) trainee, while there are others currently undergoing selection interviews.

There are currently 29 trainees on the PPA course, both on the full training and MES. Eight new members qualified in November 2020, and five more have qualified since then.

Hybrid working: on-line and in-person seminars and supervision

As a result of the move to digital working, we have recognised the potential to continue to run some seminars remotely even after we are able to return to in-person training. A survey with trainees was carried out. They are keen to have a hybrid/melded model of training involving both on-line and in-person seminars.

Pilot study: online supervision

This will give trainees access to training supervisors who are based in areas that they would find hard to get to in person on a weekly basis. In light of this, we plan to pilot a new model of training (once Covid restrictions are lifted and the situation is safer), which will involve both on-line and in-person seminars. The pilot will run for two terms, during which time we will evaluate what works well, and what less so, and this will inform the model that we agree for delivery of the training.

Curriculum

A review of the curriculum and other aspects of the training is being carried out to ensure that it is "fit for purpose" in a multi-ethnic, multi-cultural diverse society in the 21st Century. We are in the process of developing a "faculty" of regular seminar leaders/teachers who will contribute to this. We remain keen to ensure that our training is accessible to all who may wish to train.

External Examiner

The training has had excellent support for the last three and a half years from our external examiner who is due to step down from this role at the end of this year. We are looking to recruit someone to replace her. She has kindly offered to help with this.

Tutor Group

The PPA tutor group is working to capacity, and with some tutors planning to retire from the training committee in the next year or two, we will need to recruit more PPA members into the group as tutors and committee members, particularly if our intake continues to grow.

Selection

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This has for some years been co-ordinated by Ann Morris, who is now wishing to step back. We need to recruit someone new into this role.

Re-accreditation

PPA are due to undergo re-accreditation by the BPC in 2022.

Throughout this difficult time, the committee and the trainees have been supported by Lydia Hortyn, the PPA Training Co-ordinator, who has been key to the success of these changes. Our thanks go to her.

Therapist & Supervisors' Committee

Following the departure of three committee members, two new members have joined. The membership is now: Karl Figlio (chair), Richard Morgan-Jones, Susan Rodgers and Christina Wieland.

The work of this committee has consisted mainly of the routine processing of applications and continually reviewing our procedures. In the past year:

- 10 applications processed
- 6 applications accepted, of which 1 has decided not to join the list at this time
- 3 applications rejected
- 1 application pending
- 7 enquiries are pending, at various stages of pre-application.

Post Qualifying Committee

The new Advanced Clinical Course which leads to Senior Membership of the PPA has been organised and will run from January 2022 to December 2023. The curriculum has been agreed, seminar leaders appointed and the course has been advertised. It is hoped that participants will benefit from new arrangements, including Saturday seminars and online teaching.

The Committee is exploring the idea of reviving a modest programme of CPD events, in conjunction with the PPA Training Committee. The committee hopes to provide courses of interest to recently qualified PPA members, and to longer qualified members towards senior membership in the future.

IPA Working Group

The IPA (International Psychoanalytic Association) working group has met a couple of times this year to collate and consider the various IPA guidelines and procedures for making an application for IPA accreditation of the PPA intensive training. The working group has had an informal discussion with the Head of International New Groups at the IPA. The history of the split of the BPA was discussed and highlighted as something we do not want to repeat. The working group is waiting to hear back from the IPA and has followed up with them in July 2021.

Liaison New PPA Members

A virtual meeting was held in May 2021 for those PPA members who have qualified in the last two years. Members of the Executive met nine attendees to welcome them and let them know more about the workings of the PPA and the *bpf* and provide a forum for networking with each other.

The event was a success and the feedback positive. It was agreed that events like this, aimed at helping new members to feel a sense of belonging and a space in which to network, were important. Further meetings are being planned to take place twice or three times a year.

MSc Psychodynamics of Human Development

The MSc Psychodynamics of Human Development is a two year, part-time course consisting of the working partnership between the *bpf* and the Psychosocial Studies Department at Birkbeck College, as well as the collaboration between the Psychoanalytic and Jungian streams of the course.

Enrolments in the academic year 2020/21 spanned 47 students across both years of the course: 20 students enrolled in 2019 progressed to the second year, 27 students enrolled in September 2020. Recruitment for 2021/22 suggests a strong cohort will begin in September.

Five students were expected to graduate with an MSc this year, completing dissertations on a wide range of topics including Identity, Politics and Brexit, Death, Fascination for Evil, Eco-psychology and others. Four students are expected to graduate with a PgDip. Ten students have deferred the submission of their dissertation and are expected to graduate next year. Students deferring submission of their dissertation have all submitted Mitigating Circumstances claims. All were impacted by the pandemic, either with home teaching of children, loss of work, etc.

The 2020/21 academic year has been marked by the ongoing pandemic, recurring lockdowns and the closure of the College and the *bpf* building. All the teaching this academic year was done online. We will continue to teach remotely for at least the first term of the new academic year.

Following the March 2020 lockdown, all Infant Observations were done remotely. Following the government's latest guidelines on social distancing the MSc is now recommending that observations should take place in person, if families allow it. The change is family led. Students are asked to revert to online observations if it is not possible to meet with the family in person.

Feedback from students over the last academic year has been very positive about the quality of teaching, including the range of topics covered in the syllabus, but also about the transformative impact of the course due to its experiential components. Comments from

the two appointed external examiners have been equally favourable regarding the quality of assessed papers and the coherent structure of the course.

Students have expressed regret that they were not able to come together when lockdown ended. We have encouraged them to create opportunities to meet and work together outside of the course. The **bpf** and the College are in discussion over offering a blended teaching of online weekly seminars and onsite study days. This is not yet confirmed.

"Psychotherapy Today" course: An Introduction to Psychoanalytic and Jungian thought

This course provides a general introduction to psychoanalytic and Jungian thought and is aimed at people who might be thinking of beginning training in these fields or members of the public who simply would like to learn more about the subject in terms of how the ideas relate to society and personal development. The course has been run in the format of ten Saturdays over a period of nine months.

Over the academic year 2020/21 the course managed to attract 31 students in total. Two students withdrew half way through the course and 29 students were retained. The students have given the course and those who run it very positive feedback. They have all expressed how held they felt by the course leaders, mentors and in turn the **bpf**. The course was run successfully online due to the coronavirus pandemic and this allowed students from different parts of the country to join. For the next academic year, the staff would like to offer a blended learning option so the course can still be made available on-line when the **bpf** house re-opens and study days can be take place face to face.

Some of the students indicated their wish to seek to clinically train in some capacity and many have gone on to accept places on the Birkbeck and Exeter MSc courses run in conjunction with the **bpf**. There is interest from 5 students in the Clinical Analytic Skills course which will help bridge the gap between Psychotherapy Today and the PPA and BJAA analytic training.

It was Urvashi Chand, Course Leader and Coordinator's first year in the role and she felt very well supported by the Psychotherapy Today team of discussion facilitators: Sally Arthur, Eleanor Mongey and Toni Harvey and by Serena Willmott and Jo-anne Carlyle. Sadly, Sally Arthur is stepping down from her role this summer, and grateful thanks is due to her. Psychotherapy Today is currently seeking her replacement.

Options for future development of the course continue to be considered, including the opportunity for accreditation. In such thinking the many, key strengths of the course must not be lost, including providing much interpersonal informal contact and building of bonds of trust between course students, as well as the opportunity to get to know and talk to varied Clinical Psychotherapists in a range of contexts. (Traditionally, many students may only have access to their Mentors virtually or by phone due to geographic distances).

Following the presentation of Psychotherapy Today at the **bpf** online Open Day in the spring 2020, we also have a promotional Psychotherapy Today *Meet-up* online Zoom event in July and September for anyone who is curious about Psychoanalytic and Jungian thinking and/or was thinking about training and wanted to explore which route to take - psychoanalytic, Jungian or other. We are keen that the uptake on this meet-up is as strong as it was last year when we attracted 93 sign ups and 35-40 people attended the meeting.

Scientific and Applied Activities

The Scientific and Applied Activities Committee (Sci-App) aims to fulfil a major role in the creative and intellectual life of **bpf** by ensuring access for members to a rich programme of events relevant to the theory and practice of psychoanalysis and psychoanalytic psychotherapy, and to their application in the wider sphere of human activity, from art and literature, to politics and world affairs.

The Sci-App Committee endeavours to recruit representatives from each of the Associations as well as from other interest groups (eg research, regional members) and key constituencies across the organisation such as the BJP and, ideally, a current member of the Board.

In addition to events commissioned by Sci-App itself, the Committee welcomes proposals from individual members or groups and is available to support and advise on the progression, scheduling and promotion of such initiatives. The Committee endeavours to keep an overview of all planned and forthcoming events across the organisation and to be mindful of potential date clashes or overloading of the calendar.

Achieving these goals on behalf of the organisation necessitates close liaison with event organisers, and with **bpf** staff in the areas of marketing, IT and finance, encouraging the use of a standard Event Submission Form developed specifically for this purpose.

During the 2020/21 academic year, Sci-App commissioned nine events between September and July. At least six of these were open to the wider public. Most were half day events which took place on Saturday mornings. The exception was the Annual Conference on "*The Violent Human*" which took place over Thursday evening and all day Friday and Saturday. All of these events were necessarily held on the **bpf** online platform and all attracted healthy audiences.

Several events directly addressed highly topical issues at the forefront of the public mind and with specific challenges for our profession as psychotherapists:

- Angela Foster's paper and discussion *The Vulnerability of and Risks to Workers in the Mental Health Services during the Covid 19 lockdown*
- *A Thinking Space On Decolonising Psychotherapy* - a participatory discussion confronting the lack of ethnic diversity within our own profession

- Helen Morgan's intensely thought-provoking Annual **bpf** Lecture "*We All Fall Down...? What role for psychoanalysis in the search for healing?*"

The Violent Human Conference, where *Race, Gangs and Youth Violence* and *The Psychology of Ecocide* were just two of the items that touched a very current raw nerve in our psychoanalytic examination of the human predilection for violence.

Other events focused on specific aspects of clinical theory or practice and on training and research:

- An Audience with Authors on Celia Harding's book "*Dissecting the Superego: Moralities under the Psychoanalytic Microscope*"
- Penny Pickles' presentation, *Endings, Unexpected and Planned: cliff edge or soft landing?*
- Jean Knox's presentation/discussion, *The Psychoanalytic Institute as a Psychic Retreat: Why we need to include Research Evidence in our Clinical Trainings*

Two memorable presentations, both of them firmly rooted in psychoanalytic thinking, fulfilled our brief as 'Applied' events:

- *Psychoanalytic Reflections on Dante's Divine Comedy, on the Seventh Centenary of his Death*, with presentations by psychoanalysts Giovanna di Ceglie and David Black
- An Audience with Authors: Robert Snell in conversation with Richard Morgan-Jones on Robert's book "*Cézanne and the post-Bionian field: an exploration and a meditation*" (Routledge 2021)

The Annual Conference "*The Violent Human*" took place in March as an online event, having been postponed from September 2020 when it had been scheduled to take place at the Royal College of Nursing. Nine excellent online presentations and discussions over the two and a half days was a challenge of stamina for the audience but the conference as a whole was enthusiastically applauded. The open-ended morning discussions, called "Afterthoughts" and the interpolation of pre-recorded readings, music and mini-dramatisations leavened the tough demands at the screen and made for a different and more immersive experience and provided a connecting thread for the conference themes. The execution of such a technically complicated Conference relied on exemplary teamwork from members of the Sci-App Committee and members of the **bpf** staff team.

The Covid pandemic has altered the landscape for **bpf** events, propelling us into reliance on digital platforms, but also opening up access to events for **bpf** members who live far from London. The last event of the year – the Audience with Authors on *Cézanne and the post-Bionian field* - attracted colleagues from the USA, Greece and Italy.

By no means all events put on by **bpf** have involved the Sci-App Committee. Individual initiatives are a welcome indication of the creativity within the organisation. Mention must also be made of the **bpf** Wessex Public Programme – a legacy of the BAP's Wessex Training programme. This is the only formal **bpf** programme held outside of London. The programme has run a number of successful events.

Looking forward, it is a pleasure to welcome Poul Rohleder as the new Chair of the Sci-App Committee, his nomination having received unanimous support from the current committee members. The organisation's sincere thanks go to Tim Fox, the outgoing Chair, for all his tremendous work in leading the Committee.

Two members of the Committee, Ann Scott and Judith Trowell, have lately retired from the Committee, having made an excellent contribution to its work over the past three years, and the Committee is very pleased to welcome two new members in their place, Jackie Charbit-Middleton and Joao Betis.

Publications – British Journal of Psychotherapy

The *British Journal of Psychotherapy* (BJP) has continued to develop in the last year. Submissions in 2020 and 2021 have held steady, despite the pandemic. Like other journals in the field, the *BJP* continues to receive submissions on Covid-19, by both UK and international authors. International submissions continue to be well represented as a whole.

The Journal continues as a member of the **bpf**'s Scientific and Applied Activities Committee, now chaired by Poul Rohleder (who is also Reviews Editor of the *BJP*). The journal's **bpf** representative, Toby Dantzig, represents the journal on the Committee. We are continuing the close link between the journal and **bpf** Marketing and the Library, which ensures that *BJP* articles are regularly highlighted in **bpf** communications to the membership.

Editorially, the Journal can record significant achievements in 2020/21. As mentioned in last year's Annual Report, we were proud to publish two fast-tracked papers on the Covid crisis by international colleagues – an interview with Gillian Isaacs Russell on remote working, and a "Letter from Northern Italy" by Federica Facchin - in the August 2020 edition. The two pieces were among the most downloaded *BJP* articles in 2020. We are delighted that Isaacs Russell and Facchin are offering their further thoughts a year later, in the August 2021 edition. Once again we are grateful to Wiley for making these papers free to access.

Early this year we announced a new prize in honour of Estela Welldon, co-sponsored with the International Association for Forensic Psychotherapy. The prize complements the journal's established Rozsika Parker Prize's focus on creativity by taking as its focus work on the shadow or 'dark' side of humanity, in keeping with the forensic context of Estela's work. The first cohort of papers is currently with the judges. The journal was also proud to publish an important contribution by Estela Welldon in February 2021: "The science of living and the art of dying", accompanied by a commentary by her son, the photographer Dan Welldon.

The journal aims to publish in a consistently searching spirit across the analytic field. At the time of writing, for example, articles on transgender identity, children of psychotic mothers, and the psychoanalytic conceptualization of disability are in press; as are Helen Morgan's *bpf* Annual Lecture (December 2020) on "Whiteness", with Andrew Cooper's Response. We are also starting to publish translations of articles that had previously appeared in peer-reviewed journals elsewhere: the first two were published originally in French and Hebrew. The Editorial Board is consolidating, after the changes in membership recorded in last year's Annual Report. A recent development is the welcome appointment of Mary Pat Campbell, Vice-Chair of the *bpf* Board, in a liaison role between the *bpf* Board and the *BJP*. Once again it is a pleasure to acknowledge the essential contribution of the *bpf* members on the *BJP* Board – Poul Rohleder (PPA), who has been Reviews Editor for five years now; and Toby Dantzig (PPA), who is consolidating his role in developing the *BJP*'s social media presence and liaising with *bpf* and Wiley Marketing.

Clinical Services

The department continued to provide an "enquiry and referral" service for members of the public and the opportunity of a discounted, low-fee consultation with a psychotherapist. We have maintained and adapted the service in very difficult circumstances, offering both assessment consultations and ongoing therapy via an online medium.

During 2020/21 688 enquiries/contacts were received, 225 questionnaires sent, and 98 assessments consultations attended. In total, 70 referrals were made to qualified members and trainees.

The department held monthly Trainee Referral meetings to track all potential trainee vacancies and applications from patients to the service. This is a crucial part of the clinical training of *bpf*'s trainees.

Other activity included:

- Organised and provided bi-annual meetings with Assessors;
- Organised Termly "Support is Key" meetings for *bpf* therapists volunteering their time to this project. Regular reports concerning the service were prepared and written by the Clinical Services Coordinator;
- Assessment Skills training was planned but had to be cancelled due to lockdown restrictions;
- Liaised with psychiatric/child and adolescent services/forensic psychotherapy and drug services as well as other psychotherapy organisations;
- Expanded/updated information on the *bpf* website about the service regularly, particularly to promote the Low Fee Scheme;
- Maintained regular communication with members via *bpf*'s monthly newsletter.

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From mid-March 2020, when the first Covid-19 lockdown was introduced, the department saw a significant fall in the volume of enquiries and many members were unsure or hesitant about switching to virtual therapy sessions. The fall in activity levels continued over the Spring of 2020 but activity gradually started to rise from Summer 2020.

From April 2020, in response to the pandemic, the department devised and led the planning and launch of **bpf's** "Support is Key" initiative. This is a service offered by **bpf** members who donate up to six free sessions to "key workers" from across the NHS, Social Services, Police, Fire and Care Services who have been affected by Covid-19. Following the scheme's launch, 60 **bpf** members contacted the department to volunteer their time. The project has been advertised widely with professional bodies, eg the Royal College of Nursing and the General Medical Council. Key workers have made contact from across the country. After receiving their free sessions, some patients decide to continue their therapy, either by contacting Clinical Services for a referral or arranging to continue ongoing work with the therapist allocated to them by the department. We have received excellent feedback and the **bpf** will look to continue offering this valuable service for the foreseeable future.

Other activities

Throughout the year, the Members' Forum continued to meet, doing so online, to discuss issues of common interest to **bpf** members. The Senior Membership Task Group, convened by Joanne Lee, also met to develop an additional route to Senior Membership at **bpf**, one which enable members who worked mainly at lesser frequencies, including IPCAPA members and others in the NHS and Third Sector, to progress to Senior Membership.

David Vincent, the current Chair of the board, convened a new **bpf** Ethics Committee, and work on this will continue in 2021/22. Ruth Calland and Eleanor Mongey, on behalf of the board, convened a series of fora, to discuss diversity and inclusion at **bpf**, this will be taken forward in 2021/22.

In April 2021 the organisation upgraded its IT systems, moving to a new Cloud-based solution, as well as upgrading its hardware and connectivity. The upgrade has resulted in improved speed, data security and reliability of system access for staff and has future-proofed the organisation's IT.

Future plans

The board continued to be mindful of the ongoing need to reduce the organisation's financial deficit. An annual income of £1,241,890 compared with expenditure of £1,116,773, resulted in an operational surplus of £125,117. This, combined with an exceptionally strong performance of the charity's investment portfolio – which saw a net gain of over £195,000 for the year – resulted in the organisation's overall financial position increasing by £320,841 compared with the previous year.

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For the future, the board wishes to focus its efforts on growing the organisation and increasing its income, and intends to appoint a newly created post of Training & Membership Director to assist with this task during 2021/22. Work will be undertaken to develop a broader, more integrated, and more flexible "core" education/training "pathway" from introductory up to advanced clinical level – particularly offering more at intermediate level and offering a greater choice of different levels of qualification. Work will also be done to improve the accessibility of programmes via more online and shorter formats and operating more in partnership with other institutions. Work will also be undertaken to improve the appeal of **bpf** membership and what it offers to members, including a clearer, progressive structure of membership categories, development of a community of those with a general interest in psychotherapy, and boosting the professional ethics/standards/advice support available to members.

Risk Assessment

The trustees regularly identify and consider the major risks to which the charity is exposed and establish systems to mitigate such risks.

Financial systems are closely monitored through budgets and internal controls, and regularly reviewed to prevent excessive expenditure and to guard against fraud.

The trustees continue to put in place effective strategies to ensure that **bpf** activities remain sustainable in the long term and that they develop along with to meet the needs of potential trainees and patients.

Financial review

Total income amounted to £1,193,017 during the year (2019/20: £1,018,744) and total expenditure was £1,116,773 (2019/20: £1,070,617). Gains on investments were £244,597 (2019/20: loss of £13,245) resulting in net income of £320,841 (2019/20: net expenditure £65,118).

Net restricted income of £57,550 (2019/20: £31,120) included a grant from Health Education England of £64,000 and a £20,000 legacy donation to be spent from 2021/22.

Income from operations was £1,047,487 (2019/20: £939,806), an increase due to higher trainee numbers than in previous years. Expenditure increased slightly to £1,062,023 (2019/20: £1,028,857) resulting in a net operational loss of £14,536 (2019/20: net operational loss £89,051).

Investment income increased significantly to £31,890 (2019/20: £5,911) and unrestricted net income was £18,694 (2019/20: net expenditure £91,581).

Total reserves stood at £4,131,571 on 31 March 2021, of which £277,796 is held as restricted funds (2019/20: £220,146) and £1,806,667 as designated (2019/20:

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

£1,833,330). Designated funds consist of a legal fund of £20,000 and a property fund of £1,786,667 which is equal to the book value of the freehold property after depreciation. Unrestricted funds amounted to £2,047,108 at 31 March 2021 (2019/20: £1,757,254).

Investment policy and returns

Under the memorandum and articles of association, the charity has the power to invest its funds at the discretion of the directors. The trustees considered the return on investments to be in keeping with present market conditions.

The trustees have exercised care and skill when making investment decisions and to the best of their abilities selected investments that were right for the charity taking account of:

- how suitable any investment is for the charity
- the need to diversify investments

The trustees have addressed the ethical aspects of the charity's investments to ensure they are not in conflict with the aims of the charity. The trustees monitor and review the performance of the external investment manager.

Reserves

The board has reviewed the major risks that the charity faces, as a result the **bpf** is now committed to maintaining free reserves equal to 3-6 months operating costs, approximately £372,000 to £558,000 and to retaining an additional sum of £20,000 as a legal fee reserve to ensure adequate cover for any possible future legal costs. Key financial control systems are reviewed annually. At 31 March 2021 free reserves were above target.

A number of adult psychotherapy trainings from the 3 merged organisations remain active. The board is committed to ensuring that these trainings continue until the trainees concerned have qualified which will entail using a level of its reserves.

Trustees' responsibilities in relation to the financial statements

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the income and expenditure of the charitable company and its state of affairs at the end of that period.

In preparing those statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the charitable company's auditor is unaware; and as directors of the charitable company we have taken all the steps that we ought to have taken, in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This report was approved by the **bpf** board of directors on 21 September 2021 and signed on its behalf.



.....
David Vincent
Director

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION

Opinion

We have audited the financial statements of The British Psychotherapy Foundation (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditors' report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Directors.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

- The Charitable Company is required to comply with both company law and charity law and, based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.

Knox Cropper LLP

27/10/21

Simon Goodridge
Senior Statutory Auditor
for and on behalf of Knox Cropper LLP
Statutory Auditor
65 Leadenhall Street
London EC3A 2AD

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted	Designated	Restricted	Total 2020	Total 2020
		£	£	£	£	£
Income and Endowments:						
Donations and Legacies	2	1,340	-	112,300	113,640	73,027
Investment Income	3	31,890	-	-	31,890	5,911
Charitable Activities						
Membership		220,860	-	-	220,860	230,706
Training Fees	4	525,608	-	-	525,608	471,009
MSc Course & Pre-training Fees		223,873	-	-	223,873	166,812
Short Courses		23,133	-	-	23,133	9,443
Events		17,258	-	-	17,258	26,777
Publication Income		21,638	-	-	21,638	16,469
Room Hire and Lettings		-	-	-	-	2,588
Clinic Access and Services		13,390	-	-	13,390	11,539
Other		1,727	-	-	1,727	4,463
Total Income		1,080,717	-	112,300	1,193,017	1,018,744
Expenditure:						
Charitable Activities						
Membership	5	122,432	-	-	122,432	234,554
Education						
Training Courses		674,357	-	54,750	729,107	548,255
MSc Course & Pre-training		196,012	-	-	196,012	191,228
Short Courses		8,441	-	-	8,441	20,628
Events		4,127	-	-	4,127	15,468
Publications		43,843	-	-	43,843	11,912
Clinical Access & Services		12,811	-	-	12,811	48,571
Total Expenditure		1,062,023	-	54,750	1,116,773	1,070,617
Net Income/Expenditure before gains/(losses)		18,694	-	57,550	76,244	(51,873)
Net Gains/ (Losses) on Investments		244,597	-	-	244,597	(13,245)
Net Income/(Expenditure)		263,291	-	57,550	320,841	(65,118)
Transfers between Funds		26,563	(26,663)	100	-	-
Net Movement in Funds		289,854	(26,663)	57,650	320,841	(65,118)
Total Funds Brought Forward		1,757,254	1,833,330	220,146	3,810,730	3,875,848
Total Funds Carried Forward		2,047,108	1,806,667	277,796	4,131,571	3,810,730

All incoming resources, and resources expended derive from continuing activities.
The Notes on pages 32-39 form part of these financial statements.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

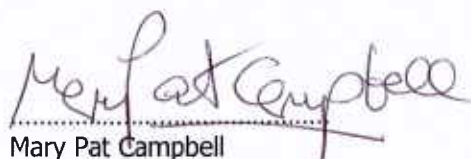
BALANCE SHEET AS AT 31 MARCH 2021

	Note	2021		2020	
		£	£	£	£
FIXED ASSETS					
Intangible Assets	8		2,500		5,000
Tangible Fixed Assets	9		1,800,454		1,834,352
Investments	10		<u>2,135,568</u>		<u>1,353,970</u>
			3,938,522		3,193,322
CURRENT ASSETS					
Debtors	11	334,522		191,365	
Cash At Bank and In Hand		<u>241,669</u>		<u>712,746</u>	
		576,191		904,111	
CREDITORS:					
Amounts falling due within one year	12	<u>(383,142)</u>		<u>(286,703)</u>	
NET CURRENT ASSETS			193,049		617,408
TOTAL NET ASSETS			<u>4,131,571</u>		<u>3,810,730</u>
FUNDS	13				
Restricted			277,796		220,146
Designated			1,806,667		1,833,330
Unrestricted			2,047,108		1,757,254
TOTAL FUNDS			<u>4,131,571</u>		<u>3,810,730</u>

These financial statements were approved by the Board of Trustees on 21st September 2021 and were signed on its behalf by:



David Vincent
Director



Mary Pat Campbell
Director

Registered Company No.: 08238969
Registered Charity No.: 1150806

The Notes on pages 32-39 form part of these financial statements

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
CASH FLOWS FROM OPERATING ACTIVITIES:			
Net cash provided by (used in) operating activities	17	116,295	(37,500)
CASH FLOWS FROM INVESTING ACTIVITIES :			
Investment additions		(809,368)	-
Investment disposals		223,494	-
Purchase of property, plant and equipment		(1,498)	(2,347)
Net cash provided by (used in) investing activities		(587,372)	(2,347)
Change in cash and cash equivalents in the reporting period		(471,077)	(39,847)
Cash and cash equivalents at the beginning of the reporting period		712,746	752,593
CASH AND CASH EQUIVALENTS AT THE END OF THE REPORTING PERIOD		241,669	712,746

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 MARCH 2021**

1. Accounting Policies

1.1 Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102 second edition – effective 1 January 2019)), applicable UK accounting standards and the Companies Act 2006.

1.2 Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of one year from the date of approval of these financial statements.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

1.3 Incoming resources

Voluntary Income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or if donors conditions have not been fulfilled, then income is deferred. Investment income is recognised on a receivable basis.

1.4 Resources expended

Resources expended are recognised when a liability is incurred, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.5 Pension Costs

The company contributes to a stakeholder pension scheme. These costs are accounted for by charging the premiums paid in the period during which the company benefits from the employees' services.

1.6 Intangible Fixed Assets

Intangible fixed assets are publication rights for the British Journal of Psychotherapy. These intangible assets will be amortised over their estimated economic life of 4 years on a straight line basis.

1.7 Tangible Fixed Assets

Individual fixed assets costing more than £100 are capitalised at cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the carrying value over their expected useful economic life as follows:

Freehold buildings	2% straight line basis
Furniture & Fittings	20% straight line basis
Office Equipment	33% straight line basis
Library, books, films & equipment	15% reducing balance basis
Database and IT equipment	33% straight line basis

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting Policies (continued)

1.8 Investments

Investments including funds under management are stated at market value at the balance sheet date. These investments are readily convertible to cash. The Statement of Financial Activities includes the net gains and losses arising on revaluations.

1.9 Stock

Stock is valued at the lower of cost or net realisable value.

2. GRANTS AND DONATIONS

	2021	2020
	£	£
Grants	92,000	71,510
Donations	21,640	447
Members and Other Donations	-	1,070
	<u>113,640</u>	<u>73,027</u>

3. INVESTMENT INCOME

Bank Interest	365	4,234
Dividends	31,525	1,677
	<u>31,890</u>	<u>5,911</u>

4. TRAINING FEES

IPCAPA Training	433,385	381,167
PPA Training	76,772	73,938
BJAA Training	14,551	15,334
Application for Training Therapists	900	570
	<u>525,608</u>	<u>471,009</u>

5. CHARITABLE ACTIVITIES

	-----2021-----				-----2020-----			
	Direct	Staff costs	Support	Total	Direct	Staff costs	Support	Total
	£	£	£	£	£	£	£	£
Membership	57,904	15,014	49,514	122,432	54,041	-	180,513	234,554
Education								
Training	307,061	159,484	262,562	729,107	271,273	149,290	127,693	548,256
Courses								
MSc &	88,741	31,391	75,880	196,012	106,973	29,530	54,725	191,228
pre-								
trainings	1,564	5,540	1,337	8,441	3,515	5,211	11,902	20,628
Short								
Courses								
Events	2,225	-	1,902	4,127	9,517	-	5,951	15,468
	<u>457,495</u>	<u>211,429</u>	<u>391,195</u>	<u>1,060,119</u>	<u>445,319</u>	<u>184,031</u>	<u>380,784</u>	<u>1,208,242</u>
Clinical								
Access &	-	43,843	-	43,843	60	48,511	-	48,571
Services								
Publications	12,811	-	-	12,811	11,912	-	-	11,912
	<u>470,306</u>	<u>255,272</u>	<u>391,195</u>	<u>1,116,773</u>	<u>457,291</u>	<u>232,541</u>	<u>380,784</u>	<u>1,070,617</u>

Staff costs are split between direct and support costs which are then allocated to charitable activities.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**FOR THE YEAR ENDED 31 MARCH 2021****6. SUPPORT COSTS**

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2021 £	Total 2020 £
Staff	30,652	162,549	46,977	828	1,178	242,184	189,242
Other Staff	2,034	10,787	3,117	55	78	16,071	11,669
Premises	8,046	42,664	12,330	217	309	63,566	88,132
Office	6,561	34,790	10,054	177	252	51,834	56,211
Governance	2,221	11,772	3,402	60	85	17,540	35,530
	<u>49,514</u>	<u>262,562</u>	<u>75,880</u>	<u>1,337</u>	<u>1,902</u>	<u>391,195</u>	<u>380,784</u>

Prior year

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2020 £
Staff	89,711	63,461	27,197	5,914	2,959	189,242
Other Staff	5,532	3,913	1,677	365	182	11,669
Premises	41,780	29,554	12,666	2,755	1,377	88,132
Office	26,647	18,850	8,079	1,757	878	56,211
Governance	16,843	11,915	5,106	1,111	555	35,530
	<u>180,513</u>	<u>127,693</u>	<u>54,725</u>	<u>11,902</u>	<u>5,951</u>	<u>380,784</u>

7. STAFF COSTS AND KEY MANAGEMENT PERSONNEL

No remuneration was paid to directors during the year. Expenses reimbursed to them in the year in their capacity as directors amounted to £Nil (2020: £481). A number of the Directors received fees in respect of professional services rendered as psychotherapists during the year amounting to £XXX (2020: £825). The staff costs of remaining staff were:

	2021 £	2020 £
Wages and Salaries	457,966	395,068
Social Security Costs	29,027	29,501
Pension Costs	10,462	8,883
	<u>497,455</u>	<u>433,452</u>
	Nos.	Nos.
Full Time Staff Equivalent	<u>9</u>	<u>9</u>

During the year, the key management personnel reported last year resigned from bpf and were successfully recruited in year. Overall, headcount remained the same but FTE reduced from 2 to 1.2 (2020: two). Total remuneration of key management personnel during the year amounted to £132,962 (2020: £129,172).

Staff receiving remuneration greater than £60,000 in the year were as follows:

	2021 Nos.	2020 Nos.
Between £60,000 and £70,000	1	-
Between £70,000 and £80,000	<u>-</u>	<u>1</u>

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

8. INTANGIBLE ASSET

Publication Rights : British Journal of Psychotherapy	2021	2020
	£	£
Cost at 1 st April	<u>10,000</u>	<u>10,000</u>
Accumulated amortization		
Brought forward as at 1 st April	5,000	2,500
Charge for the year	<u>2,500</u>	<u>2,500</u>
Carried forward as at 31 st March	<u>7,500</u>	<u>5,000</u>
Net Book Value		
At 31 st March	<u>2,500</u>	<u>5,000</u>

9. TANGIBLE FIXED ASSETS

	Freehold Property	Office Equipment Furniture & Fittings	Library Books & Film Equipment	Total 2021	Total 2020
	£	£	£	£	£
Cost:					
At 1 st April	2,000,000	120,740	54,531	2,175,271	2,172,924
Additions	-	-	1,498	1,498	2,347
At 31st March	<u>2,000,000</u>	<u>120,740</u>	<u>56,029</u>	<u>2,176,769</u>	<u>2,175,271</u>
Accumulated Depreciation					
At 1 st April	186,667	110,070	44,182	340,919	299,257
Charge for the period	26,666	6,904	1,826	35,396	41,662
At 31st March	<u>213,333</u>	<u>116,974</u>	<u>46,008</u>	<u>376,315</u>	<u>340,919</u>
Net Book Values					
At 31st March 2021	<u>1,786,667</u>	<u>3,766</u>	<u>10,021</u>	<u>1,800,454</u>	<u>1,834,352</u>
At 31st March 2020	<u>1,813,333</u>	<u>10,670</u>	<u>10,349</u>	<u>1,834,352</u>	<u>1,873,667</u>

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

10. INVESTMENTS

	2021	2020
	£	£
Quoted Investments		
Balance Brought Forward	1,353,970	1,367,215
Additions	809,368	-
Disposals	(223,494)	-
Unrealised Gain/(Loss)	195,724	(13,245)
Market Value at 31 st March 2021	<u>2,135,568</u>	<u>1,353,970</u>
 Held at Year End:		
Sarasin Alpha CIF	1,541,694	1,081,159
CAF Balanced Growth Fund	63,559	48,036
COIF Charity Investment Fund – Accumulation Shares	529,034	223,494
Triodos Bank	1,281	1,281
	<u>2,135,568</u>	<u>1,353,970</u>
 Unrealised Gain/(Loss)	195,724	(13,245)
Realised Gain	48,873	-
Investment Gains/(Losses)	<u>244,597</u>	<u>(13,245)</u>

11. DEBTORS

	2021	2020
	£	£
Trainee Loans	5,510	6,219
Other debtors	196,771	83,505
Payments in advance	132,241	101,641
	<u>334,522</u>	<u>191,365</u>

12. CREDITORS

Amounts Falling Due Within One Year

Trade Creditors	179,192	142,159
Deferred Income	168,487	86,550
Deposits	470	5,697
Accruals	23,160	42,485
PAYE and Staff Related	11,193	9,173
Jungian Archives	640	640
	<u>383,142</u>	<u>286,703</u>

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

13. FUNDS

	Balance B/F	Incoming Resources	Expend- iture	Investment Gains/ Losses	Transfers	Balance C/F
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	24,370
Child Training	83,642	112,000	(54,200)	-	-	141,442
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	6,710	-	-	-	-	6,710
Trainee Bursary Fund 2019	20,000	-	-	-	-	20,000
John Kelnar Fund	-	-	-	-	-	-
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	1,850	-	(150)	-	-	1,700
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Roziska Parker Fund	-	300	(400)	-	100	-
	£220,146	112,300	(54,750)	-	100	277,796
Designated Funds						
Property Fund	1,813,330	-	-	-	(26,663)	1,786,667
Legal Fees Fund	20,000	-	-	-	-	20,000
	1,833,330	-	-	-	(26,663)	1,806,667
Unrestricted Funds						
General Reserves	1,757,254	1,080,717	(1,062,023)	244,597	26,563	2,047,108
	1,757,254	1,080,717	(1,062,023)	244,597	26,563	2,047,108
Total Reserves	3,810,730	1,193,017	(1,116,773)	244,597	-	4,131,571

Prior year	01/04/19					31/03/20
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	24,370
Child Training	53,582	70,460	(40,400)	-	-	83,642
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	5,640	1,070	-	-	-	6,710
Trainee Bursary Fund 2019	-	-	-	-	20,000	20,000
John Kelnar Fund	-	-	(100)	-	100	-
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	150	1,050	(350)	-	1,000	1,850
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Roziska Parker Fund	(300)	300	(910)	-	910	-
	167,016	72,880	(41,760)	-	22,010	220,146
Designated Funds						
Property Fund	1,839,997	-	-	-	(26,667)	1,813,330
Legal Fees Fund	20,000	-	-	-	-	20,000
	1,859,997	-	-	-	(26,667)	1,833,330
Unrestricted Funds						
General Reserves	1,848,835	945,864	(1,028,857)	(13,245)	4,657	1,757,254
Total Reserves	3,875,848	1,018,744	1,070,617	(13,245)	-	3,810,730

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**FOR THE YEAR ENDED 31 MARCH 2021****14. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	150,000	127,796	277,796
Designated Funds	1,786,667	-	20,000	1,806,667
Unrestricted Funds	16,287	1,985,568	45,253	2,047,108
	<u>1,802,954</u>	<u>2,135,568</u>	<u>193,049</u>	<u>4,131,571</u>
Prior year				
	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	220,146	220,146
Designated Funds	1,813,330	-	20,000	1,833,330
Unrestricted Funds	26,022	1,353,970	377,262	1,757,254
	<u>1,839,352</u>	<u>1,353,970</u>	<u>617,408</u>	<u>3,810,730</u>

15. MEMBERS LIABILITY

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up is £5.

16. TAXATION

The company is a registered charity and no provision is considered necessary for taxation.

17. NOTES TO THE CASH FLOW STATEMENT

	2021	2020
	£	£
Reconciliation of net movement in funds to net cash flow from operating activities		
Net movement in funds for the reporting period (as per the statement of financial activities)	320,841	(65,118)
Adjustments for:		
Unrealised (Gain)/Loss on Investments	(195,724)	13,245
Depreciation charges	35,396	41,662
Amortisation charges	2,500	2,500
(Increase)/decrease in debtors	(143,157)	(14,735)
Increase/(decrease) in creditors	96,439	(15,054)
Net cash provided by (used in) operating activities	<u>116,295</u>	<u>(37,500)</u>
Analysis of cash and cash equivalents		
Cash at bank	241,669	712,746
Total cash and cash equivalent	<u>241,669</u>	<u>712,746</u>

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

18. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted £	Designated £	Restricted £	Total 2020 £
Income and Endowments:					
Donations and Legacies	2	147	-	72,880	73,027
Investment Income	3	5,911	-	-	5,911
Charitable Activities					
Membership		230,706	-	-	230,706
Training Fees	4	471,009	-	-	471,009
MSc Course & Pre-training Fees		166,812	-	-	166,812
Short Courses		9,443	-	-	9,443
Events		26,777	-	-	26,777
Publication Income		16,469	-	-	16,469
Room Hire and Lettings		2,588	-	-	2,588
Clinic Access and Services		11,539	-	-	11,539
Other		4,463	-	-	4,463
Total Income		945,864	-	72,880	1,018,744
Expenditure:					
Charitable Activities					
Membership	5	234,554	-	-	234,554
Education					
Training Courses		507,855	-	40,400	548,255
MSc Course & Pre-training		191,228	-	-	191,228
Short Courses		20,628	-	-	20,628
Events		14,108	-	1,360	15,468
Publications		11,912	-	-	11,912
Clinical Access & Services		48,571	-	-	48,571
Total Expenditure		1,028,857	-	41,760	1,070,617
Net Income/Expenditure before gains/(losses)		(82,993)	-	31,120	(51,873)
Net Gains/ (Losses) on Investments		(13,245)	-	-	(13,245)
Net Income/(Expenditure)		(96,238)	-	31,120	(65,118)
Transfers between Funds		4,657	(26,667)	22,010	-
Net Movement in Funds		(91,581)	(26,667)	53,130	(65,118)
Total Funds Brought Forward		1,848,835	1,859,997	167,016	3,875,848
Total Funds Carried Forward		£1,757,254	£1,833,330	£220,146	£3,810,730

Accounts

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND
FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020

COMPANY NO: 08238969

CHARITY NO: 1150806

BRITISH PSYCHOTHERAPY FOUNDATION
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

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BRITISH PSYCHOTHERAPY FOUNDATION
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

REFERENCE AND ADMINISTRATIVE INFORMATION

The Company was formed on 3 October 2012 and commenced operations on 1 April 2013 on which date the activities and assets of the British Association of Psychotherapists, the Lincoln Clinic and Centre for Psychotherapy and the London Centre for Psychotherapy were merged through transfer to this newly formed company.

Directors

The board members who served as directors since 1 April 2019 were as follows:

Julian Lousada (chair)	Resigned 23 November 2019
Jean Carr	Appointed as Chair 24 November 2019
Hansjorg Messner	Resigned 23 November 2019
Ferelyth Watts	
Deborah Abrahams	Resigned 23 November 2019
Robin Smith	Resigned 11 January 2020
Hester McFarlan Solomon	
Eleanor Mongey	Appointed 24 November 2019
Mary Pat Campbell	Appointed 24 November 2019
Stewart Cowley	Appointed 13 December 2019 and Resigned 29 September 2020
Chief Executive Officer	Michael Owen, Interim CEO from May 2018
Principal & Registered Office	37 Mapesbury Road London NW2 4HJ
Charity Registration No.	1150806
Company No.	08238969

BRITISH PSYCHOTHERAPY FOUNDATION
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

Bankers

The Co-operative Bank
P.O.Box 250
Skelmersdale
Lancs
WN8 6WT

Nationwide Building Society
Kings Park Road
Moulton Park
Northampton
NN3 6NW

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Investment managers

Sarasin & Partners LLP
Juxon House
100 St. Paul's Churchyard
London
EC4M 8BU

CCLA
Senator House
85 Queen Victoria
London
EC4V 4ET

Triodos Bank
Deanery Road
Bristol BS1 5AS

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020

Auditor	Knox Cropper LLP Chartered Accountants 65 Leadenhall Street London EC3A 2AD
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Solicitors	Russell-Cooke 2 Putney Hill Putney London SW15 6AB
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	Bates Wells 10 Queen Street Place London EC4R 1BE
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BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

The Trustees, who are the trustees of the charitable company for the purpose of charity law and directors for the purpose of company law, present their statutory report together with the financial statements of the British Psychotherapy Foundation (**bpf**) for the year ended 31 March 2020.

The **bpf** (the charity) is constituted as a company limited by guarantee and is therefore governed by a memorandum and articles of association dated 03 October 2012 which was amended at a General Meeting on 13 December 2014 and recently on 19 July 2019. It is registered as a charity with the Charity Commission.

This report has been prepared in accordance with Part VIII of the Charities Act 2011 and constitutes a directors' report for the purposes of company law.

The financial statements have been prepared in accordance with the principal accounting policies set out on pages 34 and 35 and comply with the charity's Memorandum and Articles of Association, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102 second edition).

The objects of the Charity (the "Objects") are for the public benefit to preserve the mental health and relieve mental distress particularly through psychotherapy in all or any of its aspects by:

- advancing the education, training, study and practice of analytic therapies and psychoanalysis (the "therapy");
- increasing the public knowledge of therapies;
- advancing the therapies as a method of treatment;
- advancing the practice of the therapies as a profession;
- providing easier and affordable access to psychotherapy treatment; and
- undertaking any other charitable purpose for the public benefit approved by the Trustees.

The charity met its objectives during the period.

Organisational and decision making structure

The **bpf** board has overall responsibility for the charity and meets regularly to ensure the affairs of the charity were effectively managed. It holds additional meetings to address specific strategic and governance matters. It delegates day-to-day operational management to a Chief Executive Officer, who is assisted by full and part time staff and volunteers in delivering the organisation's activities.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

The organisational and decision making structure which the board provided gave a firm basis on which to fulfil these objectives efficiently and professionally. The board has overall responsibility for the effective governance and strategic direction of the organisation. The board delegates the day-to-day responsibility for running the Charity to the CEO and the staff team, who also work closely with a number of member-based committees and working groups.

During the 2019/20 year the Board continued the services of an experienced interim CEO, Mike Owen, to manage further development and change in the organisation, particularly focussing on consolidating further improvement in the charity's financial performance.

Psychotherapy training is conducted across three psychotherapy disciplines: Psychoanalytic Psychotherapy; Jungian Analysis; and Child and Adolescent Psychotherapy. Three training programmes rooted in each of these disciplines are primarily delivered via three specific associations within the **bpf**, with wider cross-disciplinary training programmes also offered by the **bpf**.

The board ensures it has the systems and procedures in place to be able to properly exercise its responsibilities and authority over the activities of its associations.

Relationships with stakeholders and partners

The main stakeholders of the organisation are its professional psychotherapists and trainee psychotherapy members, students on its MSc courses and patients. Other stakeholders are people who participate in **bpf** courses, events and conferences and funders. The major funders are Health Education England (HEE) which funds the child and adolescent training, and London University (Birkbeck College), which funds the MSc in Psychodynamics of Human Development. The clinical doctorate offered to those undertaking the Child and Adolescent Training is in partnership with the Anna Freud National Centre for Children and Families and University College London (UCL). The **bpf** has a partnership with the University of Exeter for an MSc in Psychological Therapies Practice and Research (Psychodynamic/Psychoanalytic Therapy) which then leads into the Qualifying Training in Psychodynamic Psychotherapy or Qualifying Training in Psychoanalytic Therapy.

Members are **bpf** qualified psychotherapists, retired **bpf** psychotherapists and trainee psychotherapists. There were 562 members at 31 March 2020. Qualified members are registered with the British Psychoanalytic Council (BPC) or the Association of Child Psychotherapists (ACP) and fully conform to their requirements. Jungian analysts are also members of the International Association for Analytical Psychology (IAAP). Child and Adolescent psychotherapy trainees work within the NHS usually in funded posts and are eligible for NHS work on qualification.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

Members receive a regular e-newsletter with information about developments and activities in the organisation and relevant events for professionals. They also receive regular mailings and invitations to attend members' meetings where matters of topical importance were discussed. Such regular communication helps to ensure that the membership is informed and up to date with internal and external activities and developments.

Contribution of Volunteers

Significant numbers of members contribute generously of their time and expertise in a voluntary capacity to deliver education and trainings, to provide CPD activities for members and to provide a range of public engagement activities. These contributions are important in enabling the **bpf** to retain its standing in the world of psychotherapy and to contribute to the work of the BPC. These members bring a wide array of expertise as they include not only psychotherapists but also workers in a variety of professions including medicine, psychology and academia or in other organisations such as the private sector and the public services such as the NHS and social services.

The vision

The **bpf's** vision is of a society in which psychotherapy is available to everyone who needs it to promote their emotional well-being and mental health.

The mission

The **bpf's** mission is to be a vibrant professional organisation, providing access to psychotherapy information and treatment for the public, comprehensive support to our members, and education and training to the next generation of psychotherapists. It aims to ensure that its activities:

- are **accessible** to people from all sectors of British society who are interested in accessing psychotherapy treatment, training or understanding;
- offer a range of **high quality**, specialist clinical training and academic services;
- demonstrate a commitment to **equality and diversity**.

Public Benefit

The **bpf** meets its requirement for public benefit by training psychotherapists who help to alleviate the mental and psychological distress of members of the public. The **bpf** also offers low cost psychotherapy for members of the public who would not normally be able to afford these treatments. The trustees are mindful of the Charity Commission's guidance on public benefit when planning its activities.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

The **bpf** aims to achieve public benefit through the following:

- improving public knowledge and understanding of the benefits of psychotherapy by providing information, and by offering a range of courses and events and outreach work in statutory and non statutory settings. This educational work not only aims to inform the public about psychotherapy but makes available to the public perspectives and ways of thinking that help people manage complex areas of their own lives such as relationships, parenting, employment, bereavement, trauma and retirement.
- engaging in research on the processes involved in psychotherapy and disseminating research through the British Journal of Psychotherapy, other journals and professional events. This promotes the growth of knowledge about the theory and practice of psychotherapy and improves the practice of psychotherapists who treat members of the public.
- providing access to treatment, aimed at relieving mental distress and promoting emotional well being and mental health within the UK.
- providing rigorous training and continuing professional development which aims to ensure that there is a continuing supply of well-qualified psychotherapists available to work in the public sector, voluntary sectors and in private practice for the benefit of members of the public who need treatment.
- delivering training for the continuing development of psychotherapists, short courses and conferences open to other professionals in the mental health and related fields. These encourage the development of skills and understanding in other professionals working directly with members of the public in a range of settings.
- aiming to be accessible to the general public, i.e. anyone interested in psychotherapy treatment or training, regardless of background and location. The organisation provides a low-cost treatment scheme for patients and bursaries for trainees in need of financial support.

Objectives, Achievements, Impact and Future Plans

Objectives

The *bpf*'s aim is to promote, provide and increase, for the benefit of the public, the knowledge and skills relating to the *practice* of psychotherapy and thereby to relieve mental distress and improve mental wellbeing. To achieve this it provides training and post-qualification opportunities for people wanting to practice as psychotherapists. Its members are registered with and regulated by the British Psychoanalytic Council or the Association of Child Psychotherapists. The *bpf* seeks to advance psychotherapy as a profession in all or any of its aspects through training and development of individual psychotherapists as well as liaison with other statutory and voluntary organisations in this field.

The *bpf* also provides psychotherapy to members of the public, including a Low Fee service for people who might not otherwise be able to access psychotherapy services. The *bpf* also provides courses for continuous professional development of psychotherapists and other professional and mental health practitioners, together with events and courses aimed at giving an understanding of psychotherapy and its application.

Activities & Achievements

MEMBERSHIP AND EDUCATION

There are three associations within *bpf* covering a range of modalities with specific training and career paths: Independent Psychoanalytic Child & Adolescent Psychotherapy Association; British Jungian Analytic Association; and Psychoanalytic Psychotherapy Association.

Independent Psychoanalytic Child & Adolescent Psychotherapy Association (IPCAPA)

- A total of 33 trainees progressed through their four years of training with IPCAPA in the year, including a trainee who joined the 4th year trainees, having returned from maternity leave. A trainee who had gone on maternity leave during year 2 decided not to return and instead to enjoy time at home with her baby.
- Seven final year trainees successfully achieved their clinical graduation and became eligible for ACP and *bpf* full membership.
- All trainees in other years have progressed well with their clinical and academic requirements.
- All graduates, other than those on maternity leave, from our doctoral programme with UCL gained jobs in the NHS or third sector.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

- Two from the year group who clinically qualified in 2018 gained their doctorates from UCL, taking the total of that year group who are now named 'doctor' to five: two from the year group that clinically qualified in 2019 attached their doctorate during the last year and others from that year group, together with those qualifying now, are due to submit their theses in the coming year.
- We also have 2 graduates from our previous doctoral programme with Birkbeck who have also been awarded their doctorates.
- Interest in issues of diversity has come more to the fore.
- In the face of the Coronavirus lockdown, following a tremendous amount of hard work, it has been possible to continue to deliver the training online, and to support the trainees who have also had to work remotely with many of their patients.

British Jungian Analytic Association (BJAA):

- We welcomed one new trainee to the Jungian stream of the IPCAPA training. The Jungian pathway continues to gain interest and we look forward to welcoming new trainees later this year.
- We approved two BJAA members as training analysts, as well as a new external training and supervisor analyst.
- In terms of post-grad activities, the first series of critical reading groups took place between September and December 2019 on the topics of primitive, inner/outer, anima/animus and participation mystique.
- The Open Day was postponed and held online with useful chat rooms. There was also a joint meeting in February with students from the MSc and postgraduate students from Essex University to discuss clinical training and other options.
- During the year data protection came more acutely into focus, which led to the BPF organising a seminar on GDPR.
- We made an appointment to the new role of BJAA Diversity Officer.
- Members of the BJAA continued to act as mentors and seminar leaders for BPF's popular Psychotherapy Today course.
- Our training again received a very positive report from our external examiner, Christine Driver, who was due to step down later in the year, to be replaced by Anna Bravesmith.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

- In the face of the Covid-19 and the general lockdown in the country, we worked very hard to stay engaged with all our trainees, who have had to respond flexibly and quickly to changes in guidance around safe working and delivery of clinical and theory seminars.

Psychoanalytic Psychotherapy Association (PPA)

PPA Training Committee members:

There have been 25 PPA members working across the four PPA training committees. In the last year, 3 members have stepped down from committees and 3 new members have joined.

Trainee numbers:

There have been 39 PPA trainees during this period. This includes 4 new trainees for the January 2020 cohort, and 2 new MES trainees.

Qualifications:

6 trainees qualified during this year

43 training patients have been treated during this period. This equates to a total of nearly 6,000 low fee clinical hours that have been provided by our trainees to members of the public.

The Covid epidemic and consequent lockdown introduced toward the end of March 2020 is likely to impact on the progression of a number of trainees, particularly as the BPC was advising that while trainees could continue to work with existing patients in mediated (on-line or telephone) therapy, trainees should not begin seeing a new training patient through mediated therapy. This means that a number of trainees who had approval to start with a training patient were unable to start, and many hoping to be approved will have to wait to start with a training patient. This unfortunately also means that we have had to close applications from possible Reduced Fee Scheme patients.

We hope that we will be able to be flexible in our approach, to ensure that the impact on trainees will be mitigated as far as possible.

Curriculum:

The Rolling programme of theory seminars, introduced in 2018, brought together trainees in years 2 – 4. The new curriculum introduces a broad range of contemporary subjects including diversity, eating disorders, neurodevelopmental disorders and psychoanalysis and neuroscience. It is being closely monitored and as it draws closer to the end of its first cycle of 3 years, it is clear that it has been well received and is working well. The curriculum is constantly under review, to ensure that it covers all the key areas adequately and offers a range of 'new areas' to trainees.

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

While trainees in their 5th or subsequent years of training and MES trainees are not usually required to attend theory seminars, many of these trainees who are more advanced in their training have opted to attend some of the modules offered.

The corresponding 'Platform' year of training which provides a pre-clinical year of fundamental theory and clinical introduction is attended by Year One trainees and is now well established and working well.

All trainees attend clinical seminars (in smaller (usually year)) groups for the duration of their training.

With the help of BPF's Marketing Officer, we were able to introduce on-line seminars across the course towards the end of the spring term and anticipate that this will continue through the summer term, with all seminars being conducted remotely during the course of the lockdown. This has also encouraged us to think about the possibility of offering our training to more people who live some distance from London, as it is clear that we are able to offer a good part of the training remotely, and are now more able to think about the possibility of offering a 'blended' (part in-person, part remote) training for people who cannot travel into London on a weekly (or sometimes 2x weekly) basis through the course of their training.

Marketing activity:

The PPA Training Open Evening in November 2019 attracted substantial interest with about 50 members of the public enjoying an evening hearing about the experience of working as a psychoanalytic psychotherapist and what is involved in the training to become one. We are noticing a more diverse age range with more people under the age of 30 expressing interest. We are also seeing a slight increase in the diversity of the people attending these events, and recognise the need to do more to increase diversity in the training and hence in the membership of the organisation.

We continue to enjoy a good deal of interest in the training. There is also a significant level of interest from people who have done other psychotherapy trainings previously (child and adolescent, couples, psychodynamic) in the Modified Entry Scheme.

On average, each month, our selection advisors speak to between 4 – 6 new members of the public interested in training and preparing for training. Yet more speak to a member of office staff and receive information directly about bpf introductory courses.

Introductory Courses:

This was the third year of the ***Introductory level Reading Group***, which ran over 2 terms.

- 15 participants attended over two terms. The group has received excellent feedback and will be continued
- A number have attended while waiting to start the training and others have gone on to show an interest/applied for the training

BRITISH PSYCHOTHERAPY FOUNDATION

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2020

The PPA combined with the BJAA to establish an ***Introductory Level Work Discussion Group*** which began in September 2018 with a group of 9. This group provides an opportunity for members of the public who might be considering training to experience the process of using psychoanalytic and Jungian concepts to understand their work relationships at a deeper level. This course has continued, receiving excellent feedback and it is proposed that it will continue.

Committee structure, membership and governance:

Since the Chair of Training had announced her intention to stand down at the end of 2019, a working party was established to formalise the Committee terms of reference, the job description and person specification for the role of Chair and began a search for a suitable replacement. The new Chair was appointed in April and began a two term period of handover, formally taking over as Chair in January 2020.

In addition to the new Chair, the Training committee welcomed two new members: a new curriculum lead, who has been working tirelessly in reviewing the curriculum, ensuring key areas (traditional and new) are covered; and a new tutor – much needed and appreciated because of the number of trainees and the loss of tutor members of the Training Committee in previous years.

Two annual 'Tutors meetings' established last year to allow time for tutors to support each other, develop the role and ensure consistency in what is offered to trainees, are working well.

Development of policies and procedures:

The committee continues to work closely with the BJAA and Board members to produce policies that are consistent across the organisation. The new policies for working with trainees experiencing difficulties during training and managing complaints from patients about trainee therapists are close to their final versions.

BPC External Examiner

Our external examiner has now completed 3 years in post and plans to step down at the end of 2021. Her contribution continues to be invaluable in supporting the Training Committee in its work. In her most recent report, the EE stated: "I continue to have a very positive view of the training and the serious calibre of work being undertaken by trainees, teaching staff and the Training Committee."

MSc Psychodynamics of Human Development

- The MSc Psychodynamics of Human Development is a two year part-time course consisting of the working partnership between the British Psychotherapy Foundation and the Psychosocial Studies Department at Birkbeck College, as well as the collaboration between the Psychoanalytic and Jungian streams of the course.
- Enrolments in the academic year 2019/2020 spanned 35 students across both years of the course. 20 students enrolled in 2019 are progressing to the second

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year, whereas recruitment for 2020/2021 suggests a new cohort of 25 students will begin in September.

- 8 students were expected to graduate with an MSc this year, completing dissertations on a wide range of topics including Identity Politics and Brexit, Death, Fascination for Evil, Eco-psychology and others. 1 student is expected to graduate with a PgDip.
- The 2019/20 academic year has been marked by the outbreak of the pandemic and the closure of the College and the BPF house from March 2020. No interruption of seminars occurred on the MSc as all seminars were moved online promptly. The whole summer term was taught remotely.
- Following the lockdown Birkbeck College requested students conducting empirical research to submit updated Ethics Approval forms, thus delaying interviews and data collection. Submission of dissertations has been postponed to the 30th September 2020. This delay does not impact graduations.
- Infant observations had to be stopped at the time of the Coronavirus lockdown. MSc students were recommended to stop visiting families and to keep contact via phone. Observations via video link were later on recommended after conversations with the IPCAPA Clinical Course Director and representatives of other pre-clinical courses. All students were able to carry on observing using a video link.
- The MSc is now recommending that observations can take place face-to-face if possible, following the government's guide lines for social distancing and, when not possible, that students use a video link to observe.
- Feedback from students over the last academic year has been very positive about the quality of teaching including the range of topics covered in the syllabus, but also about the transformative impact of the course due to its experiential components.
- Comments from the two appointed external examiners have been equally favourable regarding the quality of assessed papers and the coherent structure of the course.

"Psychotherapy Today" course: An Introduction to Psychoanalytic and Jungian thought

- This course provides a general introduction to psychoanalytic and Jungian thought and is aimed at people who might be thinking of beginning training in these fields or members of the public who simply would like to learn more about the subject in

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terms of how the ideas relate to society and personal development. The course has been run in the format of 10 Saturdays over a period of nine months.

- Over the academic 2019/20 year the course managed to attract and retain 20 students, who have given the course and those who run it very positive feedback. A sizeable profit was made for the BPF and this was despite the course having to be run online following the onset of the Coronavirus lockdown. Initially, this online provision was extremely stressful for the staff to manage, but was very much appreciated by the students who all had the opportunity during the first 6 months of the course to get to know each other in person and informally.
- Some of the students indicated their wish to seek to clinically train in some capacity. The BPF still has a significant opportunity here to develop and offer a suitable training programme to serve these individuals.
- Course Co-Leads Jo-anne Carlyle and Serena Wilmott, sadly, indicated their intention to step down in July 2020, and the BPF owes them a great debt of gratitude for all their superb work over the last five years to plan and develop the course from scratch. Sadly, also Ruth Calland (Discussion Facilitator) and Lisa Lawrence (Co-ordinator) were due to step down from their roles in summer 2020 and grateful thanks are also due to these two key individuals.
- However, ready for the next course intake in the autumn 2020, we were delighted to welcome a new Discussion Facilitator Eleanor Mongey (PPA) and Urvashi Chand to the new post of Course Lead/Manager. Thankfully, Sally Arthur (Discussion Facilitator) is staying on and the other team members who are leaving all said they would happily help to induct new staff and some will be happy to remain as background support in a Steering Group for the course.
- Options for future development of the course continue to be considered, including the opportunity for accreditation. In such thinking the many, key strengths of the course must not be lost, including providing much interpersonal informal contact and building of bonds of trust between course students, as well as the opportunity to get to know and talk to varied Clinical Psychotherapists in a range of contexts. (Traditionally, many students may only have access to their Mentors virtually or by phone due to geographic distances).
- Following having to provide the course online during the Covid related restrictions, we have been considering accepting applicants from as far away as South America and India. We may continue to offer them the course online, if the course is able to meet in the same physical space again during the next academic year.

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- Following our presentation of Psychotherapy Today at the BPF online Open Day in the spring 2020, we have also had a promotional Psychotherapy Today *Meet-up* online Zoom event in July for anyone who was curious about Psychoanalytic and Jungian thinking and/or was thinking about training and wanted to explore which route to take - psychoanalytic, Jungian or other. We had 93 people seemingly from all over the world sign-up - while about 35-40 people actually attended: India and Montenegro were mentioned by two attendees. The Psychotherapy Today Meet-up was an opportunity to meet and talk to practicing clinical psychotherapists and analysts to discuss personal career pathways and experience of the work.

Scientific and Applied Activities

- Through the year, The Scientific & Applied Activities Committee continued to consolidate and oversee a varied and relevant programme of postgraduate events for members of the **bpf** and, where appropriate, for the wider professional psychotherapy community and the public. This is the key priority for the Committee.
- As such we have always aimed to offer membership of the Committee to representatives of all the key constituencies within the organisation – including the three main Associations, the British Journal of Psychotherapy, the informal **bpf** Research Group, and local interest groups such as the Wessex **bpf** and the South London **bpf** Group.
- The programme of events was inevitably interrupted from mid-March 2020 as a result of the Covid-19 pandemic and the ensuing Public Health measures.
- An unforeseen benefit of the social distancing measures has been a fuller engagement with the use of digital platforms on the part of the **bpf** as a whole during the second half of the year. This has demonstrated a capacity for our events to be made accessible to a far wider audience than can be accommodated in our usual venues. It has also demonstrated a welcome degree of resilience in responding quickly to events that are prominent in the public mind, notably in relation to the Covid-19 pandemic and its effects on our clinical work with patients, and more recently in relation to the Black Lives Matter movement.
- Notwithstanding the postponement or cancellation of many planned events, the Committee has been able to organise and support a rich programme of events: *The Annual Lecture*, delivered this year by Professor Bob Hinshelwood, once again drew a large audience to The Governor's Hall at St Thomas's Hospital. There were two well-attended workshop events before the Covid 'lockdown' – on '*Sexuality Now*' and on the dilemmas related to '*Time and Money in Psychoanalytic Practice*'.

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- It was particularly gratifying to oversee a renewed vitality in the programme offered by the South London **bpf** Group where events such as *'Psychoanalytic Perspectives on 'The Shadow of the Parent'* were especially well-received. Also, the Wessex **bpf** group has once again hosted an impressive series of well-attended events in its venues in Oxford and Reading.
- Two hastily arranged online webinars – *'Covid-19 Reflective Groups'* and *'Decolonising Psychotherapy'* – both involving substantial interactive participation - provided the foundations for continued engagement and follow-up events for our members on these profoundly important subjects.
- Looking ahead, supported by our communications staff, the Scientific & Applied Activities Committee will continue to build on its growing experience with digital platforms to take psychoanalytically and socially relevant events to bigger and more distant audiences. So far two such events are programmed for the Autumn Term.
- The first Annual **bpf** Conference, *The Violent Human* – unavoidably postponed until March 2021 – promises to attract a large audience, with an impressive line-up of speakers bringing specialist psychoanalytic perspectives to issues of violence in adults, children and adolescents. Supported by short readings from theatre and literature, video clips and personal narratives, the Conference will explore our understanding and therapeutic responses to violence in human activity, whether domestic or in theatres of conflict. The Conference aims to be a flagship for the strengths and breadth of endeavour and expertise within the **bpf**.
- From a wide range of smaller events, among the most enjoyed were a talk on *Female Sexuality* given by Anne Zachary and Elphis Christopher and a fascinating talk on *Puppetry and the Transitional Object* given by the Theatre Director Tom Morris to a mixed audience of psychotherapists, actors and puppeteers.
- A recording of the talk on *Female Sexuality* will shortly be made available as a podcast, making it accessible for members too distant from London to attend – a precedent we wish to repeat for other events.
- We are also encouraging the use of venues other than our North London home, in particular for member and public events in South London.
- Away from London, **bpf**'s Wessex regional group led the way with an imaginative and successful public programme of events in Oxford, Reading and Basingstoke. Over 210 attendees were attracted.

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PUBLICATIONS - Journal

The British Journal of Psychotherapy (BJP), joined owned with publishing firm Wiley-Blackwell, continued to help raise the profile of both the BPF and the psychotherapy profession in the UK and internationally.

Total submissions in 2019 increased by nearly 60% compared with 2018, while submissions in 2020 have continued in a steady way, despite the pandemic. Both the 2019 and 2020 volumes have seen an increase of 100 pages over the 2018 volume.

The Journal's links with the **bpf**, as co-owner of the Journal with Wiley, have strengthened, particularly via the **bpf's** Scientific and Applied Activities Committee, which allows us to link with colleagues across the organisation. The Journal now has a regular presence in the **bpf's** Newsletter, which allows us to draw individual articles from current issues to members' attention. In addition, we are delighted that we now have in-house administrative support for the Journal, initially provided by Ellie Kingwell-Banham and now by Hannah Stevens.

Editorially, the Journal continues to develop. We were proud to publish two fast-tracked papers on the Covid crisis in our August edition this year, which got attention on Twitter, and we are grateful to Wiley for making these free to access online for a period of months.

The BJP's Rozsika Parker Prize is now established internationally and the conference collaboration with the Freud Museum continues.

The BJP has always been a home for conference papers, and we were delighted, for example, to publish a number of the papers from the Festschrift conference for Jeremy Holmes last year. We have also published Sally Arthur's **bpf** Kelnar Prize (Silver) paper on infant observation. Perhaps one of the standout research papers this year has been Tirril Harris and colleagues' 'Bridging the gap between clinical practice and research', an important intervention in the field.

The year has seen a number of retirements from the Editorial Board. Ann Horne, who had very ably represented the BPF for four years, stood down in February and we have welcomed Toby Dantzic in her place. Severnside, Arbours and WPF Therapy representatives have also changed. With these changes we have also developed the editorial 'holding' of two sections within the Journal – New Voices, and Point of View.

At the time of writing we have just appointed a new editor for the Clinical Commentaries Section, Katya Orrell of Tavistock and Portman NHS Trust and the International Association for Forensic Psychotherapy, and a previous winner of the Rozsika Parker Prize.

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It is important to acknowledge the essential contribution of our BPF members: including: Poul Rohleder (PPA), who has been reviews editor for three years now; and Toby Dantzie (PPA), who has a specific role in developing the *bpf's* media presence and liaising with BPF and Wiley Marketing.

Clinical Services

- The department continued to provide its charitable role of providing an 'enquiry and referral' service for members of the public and the opportunity of a discounted, low-fee consultation with a psychotherapist.
- Over the year April 2019/March 2020 469 enquiries/contacts were received, 240 questionnaires sent: 130 assessment consultations arranged: and 94 assessments consultations attended.
- In total, 106 referrals were made to qualified members and trainees.
- The department held monthly Trainee Referral meetings to track all potential trainee vacancies and applications from patients to the service. This is a crucial part of the clinical training of *bpf's* trainees.
- Organised and provided bi-annual meetings with Assessors.
- Organised and provided Assessment Skills training.
- Liaised with psychiatric/child and adolescent services/forensic psychotherapy and drug services as well as other psychotherapy organisations.
- Expanded/updated information on the *bpf* website about the service regularly, particularly to promote the Low Fee Scheme.
- Maintained regular communication with members via BPF's monthly newsletter.
- When the Coronavirus struck from mid-March 2020, the department saw a significant fall in the volume of enquiries and also many members were, understandably, unsure or hesitant about switching to virtual therapy sessions. The fall in activity levels continued over the Spring of 2020 but activity gradually started to rise from the Summer 2020.

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- In response to the Coronavirus, from April 2020, the department devised and led the planning and launch of BPF's "*Support is Key*" initiative. This is a service offered by BPF members who donate up to six free sessions to 'key workers' from across the NHS, Social Services, Police, Fire and Care Services who have been affected by Covid-19. Following the scheme's launch, 60 **bpf** members soon contacted the department to volunteer their time. The project has been advertised widely with professional bodies e.g. Royal College of Nurses and General Medical Council. Key workers have made contact from across the country. After receiving their free sessions, some patients decide to continue their therapy, either by contacting Clinical Services for a referral or arranging to continue ongoing work with the therapist allocated to them by the department. We have received excellent feedback and the **bpf** will proudly look to continue offering this valuable service for the foreseeable future.

General development & future plans

On the financial front, throughout the 2019/20 year the Trustees maintained a tight grip on the charity's cost and income performance. The key aim was to further reduce the charity's historic annual operating deficit and it was pleasing to see this achieved by the year end: the 2019/20 actual operating deficit (before investment gains/losses) was £65,118 which compared to a loss of £106k originally budgeted for the year and an actual deficit of £155,162 in the previous financial year.

This better performance was achieved thanks to a combination of both higher than budgeted revenue and lower than budgeted overhead costs. Higher revenue, in particular, was seen from training activities and donations/grants.

Concerning the charity's governance, the major development in the year was the holding of an Extraordinary General Meeting (EGM) in July 2019 to approve an updating of the charity's Articles of Association. Two notable changes were to allow a more flexible composition of the Board of Trustees and to integrate the charity's different associations more cohesively. The Meeting approved the new Articles by a large margin.

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A few months following this EGM, the charity held its normal annual general meeting (AGM), where the new arrangements for the Board were implemented, including the appointment of an external non-member trustee. Sadly, the main news at the Meeting was the stepping down of Julian Lousada from the position of Board Chair and several years as a Trustee. The membership extended their huge thanks and gratitude for the strong leadership he had provided. At the same time, members marked their thanks for several other **bpf** members who had recently stepped down from the Board and also warmly welcomed Jean Carr to the role of Board Chair, who stepped up from her previous role as Vice Chair.

Another important measure taken during the year was to carry out an updated review of the charity's 'risk register'. The interim CEO prepared a fresh audit and categorisation of risks around five areas: budget/strategic, governance, operational, compliance and external developments. The Board agreed that the updated register identified most risks well and endorsed several improved or new mitigation measures set out.

Operational matters

Operationally, the year was as busy and varied as ever. Thanks to the combined enthusiasm and professionalism of the **bpf's** staff team members working closely with the charity's wide range of volunteering members across its associations, an impressive and varied range of courses, seminars, meetings and activities was delivered – as can be seen from the individual course and activity reports elsewhere in this report. The friendly and convenient facilities of the **bpf's** offices were the venue for very many of these activities.

However, at the end of the financial year, the sudden onset of the Coronavirus pandemic caused a significant disruption to the delivery of **bfp's** activities, requiring an urgent and comprehensive switching to home-working for the staff team and switching to online delivery of courses and meetings by tutors, facilitators and trainees. The period of March to May was a testing period for everyone but things settled down quickly and since then – until further notice – the **bpf** has continued to run its activities online. *The Trustees are very grateful to all staff, course leaders, tutors, facilitators, trainees and everyone else who have shown great patience, resilience and flexibility in helping the charity adapt to the challenges posed by Covid-19.*

One notable event in the **bpf** calendar year that had to be re-organised online was the March Open Day – a marketing event aimed at recruiting individuals for the organisation's next year of courses. As it turned out, the revised format of a series of individual online sessions proved very effective and its increased accessibility succeeded in attracting a larger number of potential trainees than usual.

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Concerning the **bfp's** staff team, the Trustees continued the services over the year of interim CEO, Mike Owen, ahead of a fresh/strategic review mid-2020 of the overall staff structure. During the year, there were just a few staff changes, including a new Digital and Marketing Officer and a new PPA Training Co-ordinator. A new senior post of Head of Development was also recruited for, but the appointee sadly did not work out. Credit needs to be given to the flexibility shown by all staff team during the year – before as well as after Covi-19 struck – particularly **bfp's** Financial Director, Bella Hailemariam; House Manager/Services Co-ordinator Cathie Moore; and Training & Membership Co-ordinator Angeliki Kyriaki. Special mention is also due to Dorothee Magni, who joined in the summer of 2019 as Course Director for our joint MSc with Birkbeck and who has done a brilliant job in taking over the helm of this popular programme.

On the education development front, Trustees and senior staff further developed thinking and planning for the development of the **bfp's** range of education and training courses, building on strategic recommendations received from an adviser engaged earlier in 2019. The central strategic aim agreed was for the **bpf** to offer a more integrated, fuller and flexible education and training 'pathway' across its associations, including offering courses aimed more at a 'pre-clinical' level in order to appeal to larger numbers of students.

At the same time, dedicated work was carried out to review and identify opportunities to enhance the range of CPD/short courses available to qualified members, which led to plans to both revive/update selected former courses which the **bpf** used to run and also invest in some new programmes. An early revived course will be **bfp's** previous and very popular Supervision Skills course, which ran for many years up until 2017.

More generally on the professional support front, examples of other initiatives seen in the year included the introduction of an updated bursary support scheme for trainees experiencing financial difficulties; the delivery of a well-attended training seminar for members on data protection/GDPR issues (planned and delivered with legal staff from the British Psychoanalytic Council); and a dedicated workshop attended by a group of members to review how the **bpf** could improve its level of support to members concerning professional and ethical issues.

Looking ahead

The Board has set itself the strategic ambition of *growing and developing* the **bpf** as both a training provider and professional membership body, but – crucially – at the same time building on the recent improvement in the charity's financial performance to definitively end its history of annual losses. Almost all the **bfp's** rival organisations also have a history of loss-making, but there is a determination by the **bpf** Board for the **bpf** to be different, particularly by being readier to think more commercially whilst at the same time keeping the core ethos of being a membership body and charity.

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In furtherance of its strategic ambition, the **bpf** Board has defined a set of short-term priorities around five areas for the *next 18 months* (ahead of a fuller 2-3 strategic plan for the next CEO to lead on with the Board). An indication of some of the main, planned actions is as follows:

- i) **Education & training:** development of a broader, more integrated, and more flexible 'core' education/training 'pathway' from introductory up to advanced clinical level – particularly offering more at intermediate-level and offering a greater choice of different levels of qualification. Also, improving the accessibility of programmes via more online and shorter formats and operating more in partnership with other institutions.
- ii) **Membership & professional life:** Plans to improve the appeal of **bpf** membership and its level/offer of professional activity include: a clearer, progressive structure of member categories; an enhanced range of online events and networking; growth of a wider-interest online 'community' for people generally interested in psychotherapy (including potential trainees); boosting the professional ethics/standards/advice support available to members; boosting the level of external PR and media activity on the back of a stronger 'thought leadership' side to the **bpf**, and closer working with allied health/care professions and social communities.
- iii) **Wider income & cutting costs:** On the revenue side, areas that are to be looked at include: an expanded range of general and targeted CPD/short courses; a wider range of events and conference activity; partnerships with other universities/institutions; and new/wider income streams like training and consulting aimed at organisations. On the cost and cash management side, the Board will look at further improvement in operational models and processes for all activities to boost gross margins; further review/assessment of how to cut back central overheads; fuller use of digital technologies; and stronger, more active professional management of investment funds and cash reserves.
- iv) **Structure & culture:** A key intention is to evolve the **bpf's** Board to focus on being more of a strategic and oversight governing body - with more external/lay members - and delegate more operational duties to a new small 'senior management' team. This management team itself would allocate dedicated responsibility between revenue-earning activities and central support functions.
- v) **Premises & support systems** The Board of Trustees intend to progress action to sell the charity's current HQ premises and move to a combination of smaller and more 'fit-for purpose' premises and more home-working and online service delivery. Other plans include investing in upgraded ITC systems to ensure the organisation is optimally positioned in respect of digital technologies, (particularly for seizing e-learning opportunities for training) and looking at fresh ways to ensure cost-effective provision of other central/support services like legal, HR support and facilities.

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***bpf* Values**

With the above, fresh strategic pathway in mind, it is important that ***bpf*** stays close to and conducts all its activities based on its key driving principles as a charity.

Its leading principles include the following:

Equality & fairness

The ***bpf*** is committed to the development and implementation of policies and procedures that ensure fairness, with the aims of promoting equality, valuing diversity and removing any unfair discrimination shaping its activities.

Accountability

The ***bpf*** is committed to communicating clearly how it has taken its members, trainees, patients, staff and other stakeholders' views into consideration in developing and managing its activities and policies. The ***bpf*** Board is committed to demonstrating high standards of governance.

Efficiency

The ***bpf*** is committed to fostering a culture of innovation and continuous improvement, using its resources efficiently and seeking to achieve further efficiencies without compromising the quality of its activities.

Risk Assessment

The trustees regularly identify and consider the major risks to which the charity is exposed and establish systems to mitigate such risks.

Financial systems are closely monitored and regularly reviewed to prevent excessive expenditure and to guard against fraud.

The trustees continue to put in place effective strategies to ensure that ***bpf*** activities remain sustainable in the long term and that they develop along with to meet the needs of potential trainees and patients.

Transactions and financial position

Total income amounted to £1,018,744 during the year of which £877,970 comes from membership subscriptions, training fees and course fees. Expenditure incurred amounted to £1,070,617 resulting in an operating deficit (i.e. before gains and losses) of £51,873, of which, £82,993 relates to unrestricted reserves. After investment gains the overall net deficit for the year reduced to £65,118 (compared to £77,419 for the previous financial year).

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The total reserves stood at £3,810,730 on 31 March 2020, of which £220,146 is held as restricted funds and £1,833,330 as designated. Designated funds consists of a legal fund of £20,000 and a property fund of £1,813,330 which is equal to the book value of the freehold property after depreciation. Unrestricted funds amount to £1,757,254 at 31 March 2020.

Investment policy and returns

Under the memorandum and articles of association, the charity has the power to invest its funds at the discretion of the directors. The charity invested £1 million in the Sarasin Alpha Common Investment Fund in 2016/17 with the aim of achieving capital growth. The trustees considered the return on investments to be in keeping with present market conditions.

The trustees have exercised care and skill when making investment decisions and to the best of their abilities selected investments that were right for the charity taking account of:

- how suitable any investment is for the charity
- the need to diversify investments

The trustees have addressed the ethical aspects of the charity's investments to ensure they are not in conflict with the aims of the charity. The trustees monitor and review the performance of the external investment manager.

Reserves

The board has reviewed the major risks that the charity faces, as a result the *bpf* is now committed to maintaining free reserves equal to 3-6 months operating costs, approximately £250,000 to £500,000 and to retaining an additional sum of £20,000 as a legal fee reserve to ensure adequate cover for any possible future legal costs. Key financial control systems are reviewed annually. At 31 March 2020 free reserves were above target.

A number of adult psychotherapy trainings from the 3 merged organisations remain active. The board is committed to ensuring that these trainings continue until the trainees concerned have qualified which will entail using a level of its reserves.

Directors

All directors of the company were also trustees of the charity and were elected by the members at an AGM, or co-opted by the board of trustees. All of the directors named on page one served during the period. The board used its power to co-opt additional directors as it considered fit to do.

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Key management personnel

The key management personnel of the charity are considered to be the Chief Executive and the Director of Finance. The current interim CEO has been engaged on a part-time, short-term contract, using a fixed retainer-fee basis. Regular supervision and oversight is carried out by the chair of the **bpf**.

Trustee induction

The **bpf** is committed to ensuring that its trustees receive a good induction as part of assuming the responsibility of trustee of a charity and a director of a limited company. It believes that a good induction prepares new trustees to be effective. Opportunities for new trustees to spend time in the organisation including 'shadowing' staff are provided. Supplying new trustees with key information about the organisation and about the responsibilities of being a trustee is at the heart of the induction. The information supplied includes:

- Constitutional documents
 - Memorandum and Articles of Association.
- Governance
 - Job descriptions for Trustees.
 - Trustee code of conduct including the form for declaration of interests and the conflict of interest policy.
 - Details of **bpf** associations, committees and tasks groups.
 - Minutes and papers of recent board meetings
- Guidance
 - Charity Commission leaflet CC3 The Essential Trustee: what you need to know
 - Charity Commission leaflet CC60 Hallmarks of an Effective Charity
- Finance
 - Current strategic plan
 - Most recent management accounts
 - Last 2 years audited accounts and annual reports.
 - Financial controls policy.
- Organisation
 - Organisational chart
 - Contact details for all other trustees.
 - Copy of last risk register.
 - Other documents explaining charity history, aims and current activities.
- Administration
 - Expense claims forms.
 - Details of training and sources of support and further information available to trustees.
 - Procedures for Trustee meetings e.g. when papers are sent, location, duration, how to raise issues for consideration.

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Trustees' responsibilities in relation to the financial statements

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the income and expenditure of the charitable company and its state of affairs at the end of that period.

In preparing those statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with company law as the company's directors, we certify that: so far as we are aware, there is no relevant audit information of which the charitable company's auditor is unaware; and as directors of the charitable company we have taken all the steps that we ought to have taken, in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditor is aware of that information.

This report was approved by the **bpf** board of directors on 26th October 2020 and signed on its behalf.



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Eleanor Mongey
Director

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH PSYCHOTHERAPY FOUNDATION

Opinion

We have audited the financial statements of The British Psychotherapy Foundation (the 'charitable company') for the year ended 31 March 2020 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2020 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditors' report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
THE BRITISH PSYCHOTHERAPY FOUNDATION (CONTINUED)**

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken, so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.

Knox Cropper LLP

26 October 2020

Simon Goodridge
Senior Statutory Auditor
for and on behalf of Knox Cropper LLP
Statutory Auditor
65 Leadenhall Street
London EC3A 2AD

BRITISH PSYCHOTHERAPY FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES****(INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)****FOR THE YEAR ENDED 31 MARCH 2020**

	Note	Unrestricted £	Designated £	Restricted £	Total 2020 £	Total 2019 £
Income and Endowments:						
Donations and Legacies	2	147	-	72,880	73,027	22,129
Investment Income	3	5,911	-	-	5,911	5,256
Charitable Activities						
Membership		230,706	-	-	230,706	376,895
Training Fees	4	471,009	-	-	471,009	484,255
MSc Course & Pre-training Fees		166,812	-	-	166,812	142,004
Short Courses		9,443	-	-	9,443	29,476
Events		26,777	-	-	26,777	20,825
Publication Income		16,469	-	-	16,469	18,896
Room Hire and Lettings		2,588	-	-	2,588	3,013
Clinic Access and Services		11,539	-	-	11,539	6,260
Other		4,463	-	-	4,463	2,811
Total Income		945,864	-	72,880	1,018,744	1,111,820
Expenditure:						
Charitable Activities						
Membership	5	234,554	-	-	234,554	327,766
Education						
Training Courses		507,855	-	40,400	548,255	639,557
MSc Course & Pre-training		191,228	-	-	191,228	196,765
Short Courses		20,628	-	-	20,628	28,991
Events		14,108	-	1,360	15,468	15,163
Publications		11,912	-	-	11,912	14,150
Clinical Access & Services		48,571	-	-	48,571	44,590
Total Expenditure		1,028,857	-	41,760	1,070,617	1,266,982
Net Income/Expenditure before gains/(losses)		(82,993)	-	31,120	(51,873)	(155,162)
Net Gains/ (Losses) on Investments		(13,245)	-	-	(13,245)	77,743
Net Income/(Expenditure)		(96,238)	-	31,120	(65,118)	(77,419)
Transfers between Funds		4,657	(26,667)	22,010	-	-
Net Movement in Funds		(91,581)	(26,667)	53,130	(65,118)	(77,419)
Total Funds Brought Forward		1,848,835	1,859,997	167,016	3,875,848	3,953,267
Total Funds Carried Forward		£1,757,254	£1,833,330	£220,146	£3,810,730	£3,875,848

All incoming resources, and resources expended derive from continuing activities.
The Notes on pages 34 to 41 form part of these financial statements.

BRITISH PSYCHOTHERAPY FOUNDATION**BALANCE SHEET AS AT 31 MARCH 2020**

	Note	2020		2019	
		£	£	£	£
FIXED ASSETS					
Intangible Assets	8		5,000		7,500
Tangible Fixed Assets	9		1,834,352		1,873,667
Investments	10		<u>1,353,970</u>		<u>1,367,215</u>
			3,193,322		3,248,382
CURRENT ASSETS					
Debtors	11	191,365		176,630	
Cash At Bank and In Hand		<u>712,746</u>		<u>752,593</u>	
		904,111		929,223	
CREDITORS:					
Amounts falling due within one year	12	<u>(286,703)</u>		<u>(301,757)</u>	
NET CURRENT ASSETS			617,408		627,466
TOTAL NET ASSETS			<u>£3,810,730</u>		<u>£3,875,848</u>
FUNDS					
	13				
Restricted			220,146		167,016
Designated			1,833,330		1,859,997
Unrestricted			<u>1,757,254</u>		<u>1,848,835</u>
TOTAL FUNDS			<u>£3,810,730</u>		<u>£3,875,848</u>

These financial statements were approved by the Board of Trustees on 26th October 2020 and were signed on its behalf by:



.....
Eleanor Mongey
Director



.....
Mary Pat Campbell
Director

Registered Company No.: 08238969
Registered Charity No.: 1150806

The Notes on pages 34 to 41 form part of these financial statements

BRITISH PSYCHOTHERAPY FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2020

	Note	2020 £	2019 £
CASH FLOWS FROM OPERATING ACTIVITIES:			
Net cash provided by (used in) operating activities	17	<u>(37,500)</u>	<u>(54,794)</u>
CASH FLOWS FROM INVESTING ACTIVITIES :			
Purchase of property, plant and equipment		<u>(2,347)</u>	<u>(4,937)</u>
Net cash provided by (used in) investing activities		<u>(2,347)</u>	<u>(4,937)</u>
Change in cash and cash equivalents in the reporting period		(39,847)	(59,731)
Cash and cash equivalents at the beginning of the reporting period		<u>752,593</u>	<u>812,324</u>
CASH AND CASH EQUIVALENTS AT THE END OF THE REPORTING PERIOD		<u>£712,746</u>	<u>£752,593</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020

1. Accounting Policies

1.1 Basis of preparation of Accounts

The financial statements are prepared under the historical cost convention with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102 second edition – effective 1 January 2019)), applicable UK accounting standards and the Companies Act 2006.

1.2 Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The trustees have made this assessment in respect to a period of one year from the date of approval of these financial statements.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

1.3 Incoming resources

Voluntary Income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or if donors conditions have not been fulfilled, then income is deferred. Investment income is recognised on a receivable basis.

1.4 Resources expended

Resources expended are recognised when a liability is incurred, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.5 Pension Costs

The company contributes to a stakeholder pension scheme. These costs are accounted for by charging the premiums paid in the period during which the company benefits from the employees' services.

1.6 Intangible Fixed Assets

Intangible fixed assets are publication rights for the British Journal of Psychotherapy. These intangible assets will be amortised over their estimated economic life of 4 years on a straight line basis.

1.7 Tangible Fixed Assets

Individual fixed assets costing more than £100 are capitalised at cost.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the carrying value over their expected useful economic life as follows:

Freehold buildings	2% straight line basis
Furniture & Fittings	20% straight line basis
Office Equipment	33% straight line basis
Library, books, films & equipment	15% reducing balance basis
Database and IT equipment	33% straight line basis

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2020

1. Accounting Policies (continued)

1.8 Investments

Investments including funds under management are stated at market value at the balance sheet date. These investments are readily convertible to cash. The Statement of Financial Activities includes the net gains and losses arising on revaluations.

1.9 Stock

Stock is valued at the lower of cost or net realisable value.

2. GRANTS AND DONATIONS

	2020	2019
	£	£
Grants	71,510	20,966
Donations	447	583
Members and Other Donations	1,070	580
	<u>£73,027</u>	<u>£22,129</u>

3. INVESTMENT INCOME

Bank Interest	4,234	3,697
Dividends	1,677	1,559
	<u>£5,911</u>	<u>£5,256</u>

4. TRAINING FEES

IPCAPA Training	381,167	384,738
PPA Training	73,938	73,159
BJAA Training	15,334	13,921
BPA Training	-	11,837
Application for Training Therapists	570	600
	<u>£471,009</u>	<u>£484,255</u>

5. CHARITABLE ACTIVITIES

	-----2020-----				-----2019-----			
	Direct	Staff costs	Support	Total	Direct	Staff costs	Support	Total
	£	£	£	£	£	£	£	£
Membership	54,041	-	180,513	234,554	158,074	-	169,692	327,766
Education								
Training	271,273	149,290	127,693	548,256	304,489	175,383	159,685	639,557
Courses								
MSc & pre-trainings	106,973	29,530	54,725	191,228	100,547	27,782	68,436	196,765
Short Courses	3,515	5,211	11,902	20,628	12,899	4,903	11,189	28,991
Events	9,517	-	5,951	15,468	9,569	-	5,594	15,163
	<u>445,319</u>	<u>184,031</u>	<u>380,784</u>	<u>1,010,134</u>	<u>585,578</u>	<u>208,068</u>	<u>414,596</u>	<u>1,208,242</u>
Clinical								
Access & Services	60	48,511	-	48,571	680	43,910	-	44,950
Publications	11,912	-	-	11,912	14,150	-	-	14,150
	<u>£457,291</u>	<u>£232,542</u>	<u>£380,784</u>	<u>£1,070,617</u>	<u>£600,408</u>	<u>£251,978</u>	<u>£414,596</u>	<u>£1,266,982</u>

Staff costs are split between direct and support costs which are then allocated to charitable activities.

BRITISH PSYCHOTHERAPY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

6. SUPPORT COSTS

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2020 £	Total 2019 £
Staff	89,711	63,461	27,197	5,914	2,959	189,242	161,172
Other Staff	5,532	3,913	1,677	365	182	11,669	5,908
Premises	41,780	29,554	12,666	2,755	1,377	88,132	120,042
Office	26,647	18,850	8,079	1,757	878	56,211	67,062
Governance	16,843	11,915	5,106	1,111	555	35,530	60,412
	<u>£180,513</u>	<u>£127,693</u>	<u>£54,725</u>	<u>£11,902</u>	<u>£5,951</u>	<u>£380,784</u>	<u>£414,596</u>

Prior year

	Membership £	Training Courses £	MSc Course £	Short Courses £	Events £	Total 2019 £
Staff	65,967	62,077	26,604	4,349	2,175	161,172
Other Staff	2,418	2,276	975	160	79	5,908
Premises	49,132	46,235	19,815	3,240	1,620	120,042
Office	27,448	25,829	11,070	1,810	905	67,062
Governance	24,727	23,268	9,972	1,630	815	60,412
	<u>£169,692</u>	<u>£159,685</u>	<u>£68,436</u>	<u>£11,189</u>	<u>£5,594</u>	<u>£414,596</u>

7. STAFF COSTS AND KEY MANAGEMENT PERSONNEL

No remuneration was paid to directors during the year. Expenses reimbursed to them in the year in their capacity as directors amounted to £481 (2019: £223). A number of the Directors received fees in respect of professional services rendered as psychotherapists during the year amounting to £825 (2019: £550). The staff costs of remaining staff were:

	2020 £	2019 £
Wages and Salaries	395,068	380,977
Social Security Costs	29,501	28,089
Pension Costs	8,883	8,443
	<u>£433,452</u>	<u>£417,509</u>
	Nos.	Nos.
Full Time Staff Equivalent	<u>9</u>	<u>10</u>

Key management personnel for all or part of the year consisted of two individuals (2019: three). Total remuneration of key management personnel during the year amounted to £129,172 (2019: £130,810).

Staff receiving remuneration greater than £60,000 in the year were as follows:

	2020 Nos.	2019 Nos.
Between £60,000 and £70,000	-	-
Between £70,000 and £80,000	<u>1</u>	<u>1</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2020

8. INTANGIBLE ASSET

Publication Rights : British Journal of Psychotherapy	2020	2019
	£	£
Cost at 1 st April 2019 and 31 st March 2020	<u>10,000</u>	<u>10,000</u>
Accumulated amortization		
Brought forward as at 1 st April 2019	2,500	-
Charge for the year	<u>2,500</u>	<u>2,500</u>
Carried forward as at 31 st March 2020	<u>5,000</u>	<u>2,500</u>
Net Book Value		
At 31 st March 2020	<u>£5,000</u>	<u>£7,500</u>

9. TANGIBLE FIXED ASSETS

	Freehold Property	Office Equipment Furniture & Fittings	Library Books & Film Equipment	Total 2020	Total 2019
	£	£	£	£	£
Cost:					
At 1 st April 2019	2,000,000	120,740	52,184	2,172,924	2,242,369
Additions	-	-	2,347	2,347	4,937
Disposals	-	-	-	-	(74,382)
At 31st March 2020	<u>2,000,000</u>	<u>120,740</u>	<u>54,531</u>	<u>2,175,271</u>	<u>2,172,924</u>
Accumulated Depreciation					
At 1 st April 2019	160,003	96,898	42,356	299,257	299,850
Charge for the period	26,664	13,172	1,826	41,662	73,789
Disposals	-	-	-	-	(74,382)
At 31st March 2020	<u>186,667</u>	<u>110,070</u>	<u>44,182</u>	<u>340,919</u>	<u>299,257</u>
Net Book Values					
At 31st March 2020	<u>£1,813,333</u>	<u>£10,670</u>	<u>£10,349</u>	<u>£1,834,352</u>	<u>£1,873,667</u>
At 31st March 2019	<u>£1,839,997</u>	<u>£23,842</u>	<u>£9,828</u>	<u>£1,873,667</u>	<u>£1,942,519</u>

BRITISH PSYCHOTHERAPY FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2020

10. INVESTMENTS

	2020	2019
	£	£
Quoted Investments		
Balance Brought Forward	1,367,215	1,289,472
Unrealised (Loss)/ Gain	(13,245)	77,743
Market Value at 31 st March 2020	<u>£1,353,970</u>	<u>£1,367,215</u>
 Held at Year End:		
Sarasin Alpha CIF	1,081,159	1,080,856
CAF Balanced Growth Fund	48,036	61,483
COIF Charity Investment Fund – Accumulation Shares	223,494	223,596
Triodos Bank	1,281	1,281
	<u>£1,353,970</u>	<u>£1,367,215</u>

11. DEBTORS

	2020	2019
	£	£
Trainee Loans	6,219	7,050
Other debtors	83,505	63,731
Payments in advance	101,641	105,849
	<u>£191,365</u>	<u>£176,630</u>

12. CREDITORS

Amounts Falling Due Within One Year		
Trade Creditors	142,159	67,162
Deferred Income	86,550	137,923
Deposits	5,697	11,630
Accruals	42,485	76,871
PAYE and Staff Related	9,173	7,531
Jungian Archives	640	640
	<u>£286,703</u>	<u>£301,757</u>

BRITISH PSYCHOTHERAPY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

13. FUNDS

	Balance B/F	Incoming Resources	Expend- iture	Investment Gains/ Losses	Transfers	Balance C/F
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	24,370
Child Training	53,582	70,460	(40,400)	-	-	83,642
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	12,063	-	-	-	-	12,063
Trainee Bursary Fund 2018	5,640	1,070	-	-	-	6,710
Trainee Bursary Fund 2019	-	-	-	-	20,000	20,000
John Kelnar Fund	-	-	(100)	-	100	-
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	25,616	-	-	-	-	25,616
Eileen Curtiz	150	1,050	(350)	-	1,000	1,850
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Roziska Parker Fund	(300)	300	(910)	-	910	-
	<u>£167,016</u>	<u>£72,880</u>	<u>£(41,760)</u>	<u>-</u>	<u>£22,010</u>	<u>£220,146</u>
Designated Funds						
Property Fund	1,839,997	-	-	-	(26,667)	1,813,330
Legal Fees Fund	20,000	-	-	-	-	20,000
	<u>£1,859,997</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>£(26,667)</u>	<u>£1,833,330</u>
Unrestricted Funds						
General Reserves	1,848,835	945,864	(1,028,857)	(13,245)	4,657	1,757,254
	<u>£1,848,835</u>	<u>£945,864</u>	<u>£(1,028,857)</u>	<u>£(13,245)</u>	<u>£4,657</u>	<u>£1,757,254</u>
Total Reserves	<u>£3,875,848</u>	<u>£1,018,744</u>	<u>£1,070,617</u>	<u>£(13,245)</u>	<u>-</u>	<u>£3,810,730</u>
Prior year	01/04/18					31/03/19
	£	£	£	£	£	£
Restricted Funds						
Trainee Loan Fund	24,370	-	-	-	-	24,370
Child Training	71,228	20,966	(38,612)	-	-	53,582
Premises Fund	37,099	-	-	-	-	37,099
Trainee Bursary Fund	13,463	-	(1,400)	-	-	12,063
Trainee Bursary Fund 2018	5,060	580	-	-	-	5,640
Lionel Monteith Lecture Fund	5,268	-	-	-	-	5,268
Lincoln Legacy	26,204	-	(588)	-	-	25,616
Gyll Moore Fund	314	-	-	-	-	314
Teresa Hirsch Fund	3,214	-	-	-	-	3,214
Roziska Parker Fund	(300)	-	-	-	-	(300)
Eileen Curtiz	300	-	(150)	-	-	150
	<u>£186,220</u>	<u>£21,546</u>	<u>£(40,750)</u>	<u>£-</u>	<u>£-</u>	<u>£167,016</u>
Designated Funds						
Property Fund	1,866,664	-	-	-	(26,667)	1,839,997
Legal Fees Fund	20,000	-	-	-	-	20,000
	<u>£1,886,664</u>	<u>£-</u>	<u>£-</u>	<u>£-</u>	<u>£(26,667)</u>	<u>£1,859,997</u>
Unrestricted Funds						
General Reserves	1,880,383	1,090,274	(1,226,232)	77,743	26,667	1,848,835
	<u>£1,880,383</u>	<u>£1,090,274</u>	<u>£(1,226,232)</u>	<u>£77,743</u>	<u>£26,667</u>	<u>£1,848,835</u>
Total Reserves	<u>£3,953,267</u>	<u>£1,111,820</u>	<u>£1,266,982</u>	<u>£77,743</u>	<u>£-</u>	<u>£3,875,848</u>

BRITISH PSYCHOTHERAPY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

14. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	220,146	220,146
Designated Funds	1,813,330	-	20,000	1,833,330
Unrestricted Funds	26,022	1,353,970	377,262	1,757,254
	<u>£1,839,352</u>	<u>£1,353,970</u>	<u>£617,408</u>	<u>£3,810,730</u>

Prior year

	Fixed Assets	Investments	Net Current Assets	Total
	£	£	£	£
Restricted Funds	-	-	167,016	167,016
Designated Funds	1,839,997	-	20,000	1,859,997
Unrestricted Funds	41,170	1,367,215	440,450	1,848,835
	<u>£1,881,167</u>	<u>£1,367,215</u>	<u>£627,466</u>	<u>£3,875,848</u>

15. MEMBERS LIABILITY

The company is limited by guarantee and has no share capital. The liability of each member in the event of winding up is £5.

16. TAXATION

The company is a registered charity and no provision is considered necessary for taxation.

17. NOTES TO THE CASH FLOW STATEMENT

	2020	2019
	£	£
Reconciliation of net movement in funds to net cash flow from operating activities		
Net movement in funds for the reporting period (as per the statement of financial activities)	(65,118)	(77,419)
Adjustments for:		
(Gain)/Loss on Investments	13,245	(77,743)
Depreciation charges	41,662	73,789
Amortisation charges	2,500	2,500
(Increase)/decrease in debtors	(14,735)	(56,266)
Increase/(decrease) in creditors	(15,054)	80,345
Net cash provided by (used in) operating activities	<u>(37,500)</u>	<u>(54,794)</u>
Analysis of cash and cash equivalents		
Cash at bank	712,746	752,593
Total cash and cash equivalent	<u>£712,746</u>	<u>£752,593</u>

BRITISH PSYCHOTHERAPY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2020

18. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted	Designated	Restricted	Total 2019
		£	£	£	£
Income and Endowments:					
Donations and Legacies	2	583	-	21,546	22,129
Investment Income	3	5,256	-	-	5,256
Charitable Activities					
Membership		376,895	-	-	376,895
Training Fees	4	484,255	-	-	484,255
MSc Course & Pre-training Fees		142,004	-	-	142,004
Short Courses		29,476	-	-	29,476
Events		20,825	-	-	20,825
Publication Income		18,896	-	-	18,896
Room Hire and Lettings		3,013	-	-	3,013
Clinic Access and Services		6,260	-	-	6,260
Other		2,811	-	-	2,811
Total Income		1,090,274	-	21,546	1,111,820
Expenditure:					
Charitable Activities					
Membership	5	327,766	-	-	327,766
Education					
Training Courses		598,957	-	40,600	639,557
MSc Course & pre-trainings		196,765	-	-	196,765
Short Courses		28,991	-	-	28,991
Events		15,013	-	150	15,163
Publications		14,150	-	-	14,150
Clinical Access & Services		44,590	-	-	44,590
Total Expenditure		1,226,232	-	40,750	1,266,982
Net Income/Expenditure before gains/(losses)		(135,958)	-	(19,204)	(155,162)
Net Gains/(Losses) on Investments		77,743	-	-	77,743
Net Income/(Expenditure)		(58,215)	-	(19,204)	(77,419)
Transfers between Funds		26,667	(26,667)	-	-
Net Movement in Funds		(31,548)	(26,667)	(19,204)	(77,419)
Total Funds Brought Forward		1,880,383	1,886,664	186,220	3,953,267
Total Funds Carried Forward		£1,848,835	£1,859,997	£167,016	£3,875,848